MUCKLESHOOT MONTHLY
39015 - 172ND AVE. S.E.
AUBURN, WA 98092

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID
AUBURN, WA
PERMIT NO. 86

INSIDE

Veterans Day Observances 4
Education 6
Community Halloween Party 9
Muckleshoot Police 11
Health & Wellness 12
15 Year Casino Employees Honored 16
Elders 17
Muckleshoot Mom Lives Her Dream 18
4th Annual CAT Accomplishment Ceremony ... 19
Notices 23
Family 24

Muckleshoot MONTHLY

Vol. XI No. XI | Muckleshoot Indian Reservation, Wash. | NOVEMBER 15, 2010

New Behavioral Health Building Open House planned for Dec. 16

I imagine some of you have seen the construction going on in the field between the Recovery House (on 180th Ave SE) and the Wellness Center, and were wondering what it was. It's the new 10,000-square foot Behavioral Health Building, and you can take a tour of it if you join us at our Open House from 2:00-6:00 PM on Thursday, December 16!

We've already outgrown the BH located within the Health and Wellness Center. Actually, I see this as good news: It means that our people, of all ages, are utilizing the Behavioral Health services available and that our community has a very strong desire to get well.

It was determined that it would not be cost-effective to do an add-on to the HWC building, since it would require extensive and costly structural modifications, so the new building was approved and constructed.

The new BH building has 20 counselor offices! This should hold us for awhile. The new building also has a large groups room located off from the main lobby that can be divided into two smaller group rooms.

Once staff move to the new building, our plans are to utilize the current BH offices/area to focus on meeting the BH-related unmet needs for Youth and Families. We know that are youth desperately in need of substance abuse and mental health services. So, we've actually tripled our BH space with the new building!

If you have time on Thursday, December 16th 2:00 to 6:00 pm, please drop by and see the new building.

Thank you.

Lisa James
Health Division Director

American Indian Film Festival

PHOTO BY JOHN LOFTUS

Donna Starr and grandson Harvey are interviewed at the film festival.

The Muckleshoot Tribe joined other major tribes such as the Seminoles of Florida and California's San Manuel Band in sponsoring the 35th Annual American Indian Film Festival in San Francisco November 5-13, 2010. The tribe has screened several of its own films there, including *Pulling Together, Gathering Together* and *Muckleshoot: A People and Their Language.*

This year's festival included a wide array of films, from documentaries to animated shorts, but much of the buzz surrounded the special guests. Dennis Banks, co-founder of the American Indian Movement (AIM) was there to screen a film about his life called *A Good Day to Die*, which won the award for Best Documentary. Also in attendance was legendary singer-songwriter Buffy Ste. Marie, whose life was also depicted on the silver screen.

Ms. Ste. Marie also received the Eagle Spirit Award, which is the AIFF's lifetime achievement award. Other honorees were Eloise Cobell, who initiated the massive lawsuit against the federal government for breach of its trust responsibilities, and the Northwest's own Billy Frank Jr., Fish War veteran and longtime head of the NW Indian Fisheries Commission.

Donna and Harvey Starr were there to represent the tribe. Donna took along her drum – the one made by Jocelyn Elkins – and sang the "Oosh-Oosh Song" at the Saturday luncheon. *(More photos on page 5)*

Casino Honors 15-Year Employees

"It's your hard work that has helped us to have these things," Tribal Council Chair Virginia Cross said as she ticked off the Tribe's many recent achievements – the new Tribal School, Health and Wellness Center, scholarships for all who want to learn, and much, much more.

"I'd like to thank you for the jobs that you've done," she told the 92 employees that the huge crowd had gathered to honor for their 15 years of service to the Muckleshoot Casino.

"These individuals have contributed tremendously to the success of the Casino, and have provided countless positive experiences for our patrons as well as for their co-workers," General Manager Darryl Blackburn added.

The appreciation was amply shown in the grand decorations – perhaps the finest ever seen at the casino, which included an 18 x 24-inch photo of each employee.

"Who knows where we'll be in another 15 years," Virginia concluded with a smile. "Maybe we'll own the City of Seattle!"

(Photos on page 16)

PHOTO BY JOHN LOFTUS

Muckleshoot Mom Follows Her Passion, Lives Her Dream

My Family's Mission To Save the Dolphins

By Luana Nelson-Davis

As I was swimming out into the cold bloody waters of The Cove in Taiji, Japan in early November, 2010 towards over 100 frantic screaming dolphins fighting for their lives, I reflected on how I got to be there in the first place.

It all seemed strangely surreal, considering I was surrounded by screaming dolphin trainers and butchers, angry animal rights activists, jostling television news crews, politicians, the Japanese Coast Guard with their boats and helicopter, federal detectives, local police, private security guards, and thugs hired by gangsters yelling at me with bullhorns from on top of the overlooking hill, in addition to my two baby sons sitting on the beach.

What brought me here was a combination of things. I have always loved the outdoors, enjoying the wonders of nature and the animals in it. I have always detested animal cruelty and people who pollute the environment. I have always looked up to the people who put their lives on the line and their money where their mouth is by dedicating themselves to fight for the defenseless trees in the forest, water in the ocean, and animals on the planet.

Ever since I have supported these types of movements and watched the television series "Whale Wars," I have admired Paul Watson, the founder of the Sea Shepherd Conservation Society. When I was in South Dakota, while on a road trip to visit the Wounded Knee Memorial, the Black Hills Powwow, Yellowstone Park, Devil;s Tower, Custer Battlefield, and the Crazy Horse Monument, I learned that he was actually at Wounded Knee in 1973, serving as a medic for the American Indian Movement (AIM) while with Greenpeace at the time. A true eco-warrior.

It was not until this summer that I became truly involved, after watching a life-changing movie, THE COVE, which won the Academy Award Oscar in 2010 for Best Documentary Feature. The movie follows an elite team of activists, filmmakers and freedivers as they embark on a covert mission to penetrate a remote and hidden cove in Taiji, Japan, shining a light on a dark and deadly secret.

Utilizing state-of-the-art techniques, including hidden microphones and cameras in fake rocks, the team uncovers how this small seaside village serves as a horrifying microcosm of massive ecological crimes happening worldwide. The result is a provocative mix of investigative journalism, eco-adventure and arresting imagery, adding up to an unforgettable story that has inspired audiences worldwide to action.

The Cove exposes the slaughter of 23,000 dolphins every year, and how their meat, containing toxic levels of mercury, dioxin and PCBs, is being sold as food, often mislabeled as other types of meat.

Recently, Ric O'Barry of Earth Island Institute, a former elite Navy diver and trainer of the dolphin "Flipper," delivered to Tokyo a petition to stop the killing signed by two million people from 151 countries. Ric, the star of the *The Cove* and a television series on Animal Planet called *"Blood Dolphin$"* has advocated for the ethical treatment

continued on page 18

Muckleshoot Tribal member Luana Nelson-Davis and her little family have traveled the world helping people and animals. Here she is seen with members of the Yagua Indian Tribe of the Amazon jungle.

Tribal Gaming Decisions: The Regulatory Framework

The Muckleshoot Casino is not only a source of great pride for tribal members but is also the economic engine that has made possible the many projects and programs we have undertaken over the past decade.

The decisions the Tribal Council makes to keep the casino a first-class facility and operating in a way that benefits all tribal members are guided by a complex set of rules and regulations, especially the Indian Gaming Regulatory Act (IGRA) passed by Congress in 1988. This month's column describes, in general terms, the regulatory framework established by that act of congress and how it impacts the decisions we make.

In passing the Indian Gaming Regulatory Act the congress sought to "provide a statutory foundation for Indian gambling operations as a means of promoting economic development, self-sufficiency and strong tribal government."

The act confirmed the right of Indian Tribes to conduct gaming on Indian lands, established three classes of gaming and the statutory framework for the regulation of each class. The act provides for strict regulatory and gaming standards to assure the integrity of tribal gaming.

The act also required tribes to negotiate agreements with states to engage in casino-style gaming activities. The gaming compact between the Muckleshoot Tribe and State of Washington requires, among other things, that a portion of our gaming revenue be used to pay for local government impact fees, smoking cessation and problem gambling programs as well as contributing to Washington charities.

The National Indian Gaming Commission, an independent federal regulatory agency with the broad duty of exercising regulatory oversight of tribal gaming, was established by the IGRA. While this Commission is the only federal agency focused exclusively on the regulation of tribal gambling, the Washington State Gambling Commission and Muckleshoot Gaming Commission also exercise regulatory authority over casino operations.

The Muckleshoot Gaming Commission is the primary regulator for Indian gaming on the Muckleshoot Reservation and enforces the NIGC's Minimum Internal Controls, the Tribal-State compacts and all tribal laws in the casino operations.

These regulatory agencies and the rules and regulations they establish help ensure the integrity of tribal gaming and that gaming proceeds are used for the betterment of the tribe and tribal members.

The IGRA requires that all net revenue derived from tribal gaming operations be spent on the general welfare of tribal members, tribal government operations or programs, tribal economic development, funding operations of local government agencies that provide services to the tribe and contributions to charitable organizations.

To ensure strict compliance with this federal requirement the Muckleshoot Tribal Council adopted a Revenue Allocation Plan that specifies how tribal gaming revenue is spent. That plan, reviewed and adopted by the Bureau of Indian Affairs, is the guide for all gaming revenue spending decisions we make on behalf of the tribe.

The Muckleshoot Tribe is also an active participant in the National Indian Gaming Association, an association of gaming tribes with the common mission of protecting and preserving the general welfare of tribes striving for self-sufficiency through gaming enterprises in Indian Country.

We work with NIGA to promote and advance sound policies and practices on gaming issues and through that to advance the lives of Indian peoples economically, socially and politically. In addition, we also work with the local affiliate, the Washington Indian Gaming Association on issues specific to the tribes in Washington State.

The Tribal Council takes very seriously its responsibility to make certain the casino is operated in compliance with all federal, state and tribal regulations. The casino is an important community asset and the council's oversight recognizes our responsibility to all tribal members.

SUBSCRIBE TO THE MONTHLY...

The Muckleshoot Monthly is delivered free of charge to members of the Muckleshoot Tribal Community. You can help us to serve you better by providing us with an up-to-date address. Please fill out the form below and mail it to:

MUCKLESHOOT MONTHLY
39015 - 172nd Ave. SE,
Auburn, WA 98092

clip and return

SUBSCRIPTION REQUEST / ADDRESS UPDATE

[ ] *New subscription* [ ] *Address change*
Name_____
Address_____
City & State_____Zip_____
If this is an address change, list previous address:
Address_____
City & State_____Zip_____
[ ] I am a Muckleshoot tribal member,
[ ] I have ties to the Muckleshoot Tribal Community
Please explain: _____

Muckleshoot Monthly
John Loftus, Managing Editor
39015 172nd Avenue SE
Auburn, WA 98092
(253) 876-3207
john.loftus@muckleshoot.nsn.us

Muckleshoot Tribal Council
Virginia Cross, *Chairwoman*
John Daniels Jr., *Vice-Chair*
Virgil Spencer, *Secretary*
Marcie Elkins, *Treasurer*
Donald Jerry Sr.
Mike Jerry Sr.
Kerri Marquez
Marie Starr
Charlotte Williams

NOMINEES FOR MUCKLESHOOT TRIBAL OFFICES IN ELECTION TO BE HELD MONDAY, JANUARY 17, 2011

TRIBAL COUNCIL
(3 positions)

Kenneth (K.C.) Williams

Lorena (Sugar) Harnden

Virginia Cross

Marie Starr

John Daniels Jr.

Les Nelson

Carl (Bud) Moses

Mark James

Melvin Daniels

SCHOOL BOARD
(2 positions)

Marie Johnson

Linda Starr

Lana James

Denise Bill

Michele Rodarte

Donna Starr

JUDICIAL OFFICER
(1 position)

Tammy Byars

Donna Starr

John Stevenson

Robert's Rules of Order Training For *ALL* Committee Members!

Date: 12/ 13th & 14th / 2010
Time: 9:00 AM—5:00 PM

HWC Cedar and Mountain Conference Rooms
Breakfast and lunch will be provided.
This training is for all committee members!
Understanding Parliamentary procedure will ensure that you know how to properly run a meeting! This will be helpful at General Council as well!!!
Hope to see you there!

Contact Michelle Gettsy in the Tribal Council Office
253-876-3011

PHOTO BY JOHN LOFTUS

CHUM RUN. A pretty good chum run capped off an otherwise disappointing fishing season. Leeroy Courville Jr. is shown here in his bow-picker on Elliott Bay.

WALKING ON . . .

Deloris "Dee" Gulla

Nov 23, 1936 - Nov. 15, 2010

Deloris "Dee" Gulla passed quietly in her sleep on November 15 at home with her family, eight days shy of her 74th birthday. She was born November 23, 1936 in Shevlin, Minnesota and was a longtime resident of Auburn, Washington.

Dee leaves behind a legacy of 6 children, 22 grandchildren and 22 great-grandchildren. She was preceded in death by her husband, Juan "Johnny" Gulla, who together were South County residents for nearly eight decades, and her brother Darrell.

She was a fiercely independent woman who lived her life on her own terms. She instilled a strong sense of family, self-reliance, adventure and independence to her surviving family. She was a truly loved woman whose home was always open to those in need without judgment or reservation.

She was a constant friend to many Muckleshoot natives. Their support and compassion, both during her life and following her death, is appreciated by her family.

She is survived by her sons Denny Gulla of Buckley, WA; son (Tracy) Gulla of Enumclaw, WA; Mike Gulla of Auburn, WA; daughters Deborah Perez of Auburn, WA; Chris Avera of Auburn, WA; Ragina (Jimmer) Hernandez of Auburn, WA; brothers LeRoy (Carol) Timblin of Graham, WA; John (Theresa) Timblin of Kent, WA; sisters Phyllis (Bud) Chezick of Lewiston, ID and Sharron Hackney of Auburn, WA; and 22 grandchildren and 22 great-grandchildren.

A Funeral Service was held Sat., November 20, 2010 at the Muckleshoot Pentecostal Church followed by burial at Mountain View Cemetery in Auburn. Services were directed by Weeks' Funeral Home, Buckley, WAPlease sign the online guest book at www.weeksfuneralhomes.com.

Margaret A. Ross (Sampson)

Margaret A. Ross, 98, a member of the Swinomish Tribe, passed away on Monday, October 25, 2010. Margaret was born on October 7, 1912, in Bow, WA, the daughter of James and Mary (Moore) Sampson. Marge grew up in the Skagit Valley. She attended the Tulalip and Chemawa Indian School, and after graduating began her career as a Nursing Assistant in Warm Springs, Oregon.

During WWII, she worked as a Riveter, building airplanes. After the war she returned to the medical field, working in Tacoma at the Cushman Indian Hospital, later transferring to the United States Public Health Hospital in Seattle until her retirement in 1973.

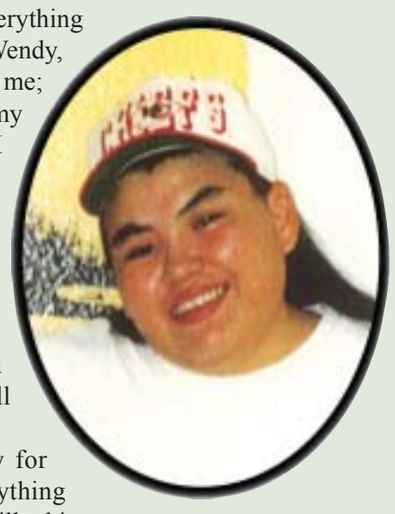
Marge enjoyed playing bingo, watching the Mariners, traveling with the elder's group, doing the crossword puzzle and trying her luck at the casinos.

She was preceded in death by her husband, Nap Ross, a Muckleshoot tribal member and brother to Bernie (Ross) Lewis.

She is survived by her daughter, Joyce Reyes; sons George Meachem, Sr., Jim Hook and his wife Judy, and Jody Hook. Marge also leaves behind many grandchildren, nieces and nephews.

Funeral services were held on October 29, 2010 at the Social Service Building on the Swinomish Reservation.

To My People, for Donna Penn..



I want to thank you all for everything – Toots and Pauline; my sister Wendy, for traveling every day to be with me; my cousin Marie, for all the help; my sisters, Pam and Colleen – I wouldn't have made it without all your help; my cousins, Yow and Abby; my Auntie Marlene, for all the good words; and I cannot forget the Natives and her dogs; Tolo, Tara, Lucy, Mom, Annie, Yaya, Paul, Josie, Kat. All you people were my strength. I love all of you. I can not for my daughter.

And thanks to Lanette Jerry for dressing her sister and for everything she's done for her Mama. She's still taking care of me. What a good feeling of Love that you all feel. And please remember all the good words of Love that were spoken.

Once again, thank you... My Bee-Bee, too.

Howard D. Blalock

On October 23th 2010, Howard D. Blalock Departed this life after a long illness.

Howard was born October 4, 1957 to Randolph and the late Louise Blalock in Marietta, Georgia. He attended Cobb County Schools and after his schooling he joined the United States Army.

Later in Life he moved to Auburn, Washington where he met and married his devoted wife, Sherrie (Ward) Blalock of 27 years. He then became a lifelong resident of the Muckleshoot Reservation.

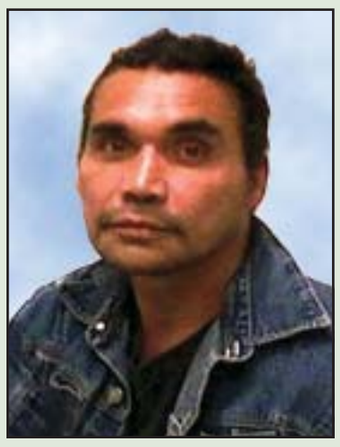
They were blessed with 4 children. 2 Boys and 2 Girls.

Howard enjoyed spending time with his family especially his grand children. He always looked out after his family and provided any way he can. Family always came first to him. He enjoyed watching sports.

Howard leaves to cherish his memories: His wife, Sherrie Blalock of Auburn, Wa. Father, Randolph Blalock of Acworth, Georgia. His stepdaughter, Anna Jerry of Auburn, Wa. His step-son Corey Jerry of Auburn, Wa. His son Russell Ward of Auburn, Wa. And his daughter Renae Ward-Anderson of Auburn, Wa. And 7 grandchildren of Auburn wa. Anthony Ward-Moses, Myckenzi Courville, Leila Elkins, Kobe Courville,Paige Courville, Sage Elkins and Reagan Courville.

Our family would like to thank the Muckleshoot Tribe, Kenny and Charlotte Williams, Gerri Williams and Sherina Sam, Mary Ross, Theresa and Albert Moses and all friends for helping us in our time of need.

Terann A. Hoptowit



Terann A. Hoptowit passed away October 16, 2010, in Auburn, WA. Born August 29, 1966 in Seattle, Terann spent all of his life in the Seattle/Auburn area. He was a member of the Muckleshoot Tribe and worked as a community laborer.

He had just become engaged to Theresa Carlos, the night he passed. Terann enjoyed volunteering as a handyman for his community, taking long walks in the rain and spending time in the mountains. He also loved to spend time with his family and harvesting traditional foods, berries, etc. He also enjoyed spontaneous travels around the area.

Terann was preceded in death by his grandparents, Pauline Lozier and Fred Hoptowit Sr., and his mother Vivian L. Hoptowit. He is survived by his fiancé, Theresa Carlos; stepdaughters Brandy and April, and stepson Jacob; his brothers Jerome David Hoptowit, Louis Starr III, Julius Arms Sr.; sisters Rita Arms, Beverly Jensen, and Elizabeth James; and three loving grandchildren.

Funeral services were held October 21, 2010, at the Muckleshoot Shaker Church, followed by interment at the New White Lake Cemetery. Arrangements were entrusted to Price-Helton Funeral Home, Auburn, WA.

William C. Warren

William C. "Uncle Bill" Warren died at home Oct. 14, 2010 at the age of 87.

A member of the Turtle Mountain Chippewa Tribe, Bill was born in Boggey Creek, Manitoba, Canada, Sept. 23, 1923, to Pascal and Anna Warren. The family moved to St. John, N.D., and at 16 he moved to Poplar, Mont., and joined the Army National Guard, where he served in the infantry in the Pacific Theater. He survived seven island assaults from 1942 to 1945.

Following his discharge, he moved to Bremerton, Wash, where his family had relocated, and later moved to Cle Elum, Wash. He reunited with Irene Eggen, a friend since childhood, and the two were married in July 1949. They lived for 42 years in Algona, Wash., then moved east of Auburn in 2007 to be closer to their daughter.

He worked at many trades, but settled on mechanic and welding work. He retired from Puget Power in 1986 and became involved with Veterans of Foreign Wars Post 78, Inter-Tribal Warrior Society, 40 and 8, and Friends of Willie and Joe.

He had a vision to create a memorial to honor Auburn men who died during military service. With the help of many, it was dedicated in 2000 and remained one of his proudest accomplishments.

He is survived by Irene, his wife of 61 years; daughter Cheryl and husband Allen of Auburn; four grandchildren and four great-grandchildren. He was preceded in death by a son, William E. "Willie" Warren.

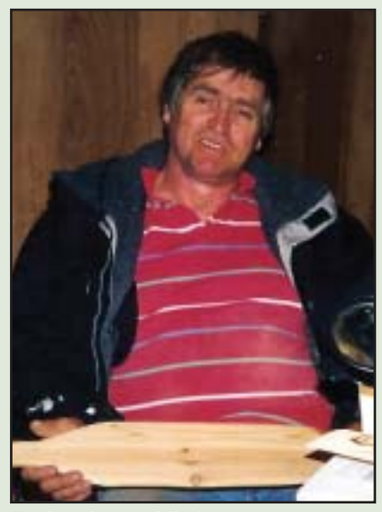
Earl C. Taylor

Earl C. Taylor of Auburn died Oct. 27, 2010. He was born July 10, 1939 in Sioux City, Iowa to Earl and Lydia Taylor. He married Shirley Courville Jan. 19, 1980, and the couple shared 30 years of their lives together.

Earl carved this hair comb several years ago as a Christmas gift for the late Iola Lobehan Bill, who was then the tribe's oldest member.

Earl was an outdoorsman who enjoyed fishing, hunting and huckleberry picking. He was a gun collector and was excellent at carving paddles, hair combs and bone game sticks in the Native American style.

He loved all of his Indian people and enjoyed going on the fishing trips with the Elders. He was a great storyteller, enjoyed gardening and loved all animals.



Earl with a paddle he was carving.

Earl would do anything for his kids. He loved his grandchildren and great grandchildren, and enjoyed taking his family to the Enumclaw fair. He was a fine man and a credit to the Muckleshoot Tribal Community.

Earl is survived by his wife, Shirley Taylor; daughters Christine Taylor, Shannon (John) Sagatu, Julie (Brian) Lupkes, Sandra Louie, and son Tom (Vicki) Louie; brother, Bob Taylor; sister, Cherie Hoselton; and numerous grandchildren and great grandchildren.

A funeral service was held October 30, 2010 at the Muckleshoot Pentecostal Church followed by burial at the Courville Cemetery in Auburn. Services were directed by Weeks' Funeral Home. Please sign the online guest book at www.weeksfuneralhomes.com

Animal Angels Network remembers...

Sandra Jurich

Dhyan Story, President, Animal Angels Network: "Sandra was a caring and compassionate person who devoted her life to her elderly mother and giving/finding animals forever-homes. RIP in peace, my friend. You are missed!"

Sue Aagerup, Vice-President, Animal Angels Network: "Sandra was someone that I could always count on when needing assistance with either placement or any other kind of help with animals in need of care. She always went out of her way to assist in any way she could. I will miss her dearly, as will the Animal Angels."

Shannon Jurpik, Secretary, Animal Angels Network: "I met Sandra Jurich about three years ago. While I didn't really know her well then, she always had a smiling face, a sunny disposition and a cheerful "Hey You!" to everyone. What initially drew us together in the common bond that formed Animal Angels Network was that we both loved all the dogs outside the offices, and each of us had a houseful of pets at home as well. And we always laughed about the fact that we both had similar but unusual last names – Jurpik and Jurich.

Sandra was the most upbeat and sweetest person to me. She offered her friendship during the two LONG years of my husband's deployment to the Middle East. Sandra never failed to ask about him and how I was doing. She was a very loving and giving person, and I shall cherish the time I spent with her working together with the animals we both loved. Not only was she Animal Angel's treasurer, she was also a treasure to us and the animals – a true angel and champion for them and those she loved. *Once an Angel, Always an Angel*. I shall miss her dearly and will never forget her."

Veterans Day Observances

VETERANS' DAY BREAKFAST, CEREMONIES & PARADE

Photos by Gary Kissel

Photos by Grant Timentwa

This is a picture of the tribal color guard at the Veterans Powwow. From left to right: Art Lopez, Yaqui; Sonny Bargala, Muckleshoot; E. Morgan Moses, Muckleshoot; and, Joe Lewis, Yakima (Joe prefers this spelling over the newer "Yakama." After all, he is an original.) – Sonny B.

VETERAN'S CORNER

IN MEMORIAM

Oct 18, 2010 – Banner Bill Warren

The Inter-Tribal Warrior Society Honor Guard performed Military Funeral Honors for Chippewa Bill Warren at the Tahoma National Cemetery. Bill Warren, a Turtle Mountain Chippewa, was the first Honor Guard Commander for the Inter-Tribal Warrior Society.

Bill and his wife Irene were in an automobile accident on the Green Valley Road in Auburn on December 29, 2009. Irene escaped with just bruises, but Bill broke his leg above the knee (femur) and also below the knee, requiring surgery. Bill also had a couple broken ribs and two broken fingers. Before being released from the hospital, Bill was diagnosed with terminal lung cancer. He was told by his doctor that he had less than five months to live. Bill lasted another ten-and-a-half.

Bill's family held a "celebration of life" party for Bill at the Muckleshoot Pentecostal Church on March 6, 2010 from 1 PM until around 5 PM. It was well attended by the local veterans. Umatilla Sid William Sr. made a Certificate and donated a blanket to honor Bill. The Drum was provided by the Cooley Singers and the Warrior Society presented the Drum with an honorarium. The food was potluck and was really good.

October 23, 2010 – Bob Ruble

Many of you who attend the Muckleshoot Veterans Brunch on the third Saturday of each month may have met Bob Ruble. He was a Marine, served during WWII, and was part of the Occupational Force in Europe after WWII. Bob was a member of the Marine Corps League, VFW, American Legion, and was also a member of the Law Enforcement Hall of Fame. Bob was also an Olympic Shooting Coach for the US, Indonesia and several other Chinese countries. I felt honored to know Bob.

THE USUAL NEWS

The committee has set some dates for some group travel, and I will be sending Muckleshoot Veterans a letter with the dates and information that I need from you to make travel arrangements. Take care of yourselves.

Veterans, please mark your calendars for the third Saturday of each month. This is the day for our Veterans Brunch at the Muckleshoot Casino. Most brunches scheduled in the Chinook Room and the brunches start at 9 am.

If you are an employee of the Muckleshoot Indian Tribe who is a veteran, working for any of its many divisions, you are invited also to attend the brunches. All veteran activities are designed as family affairs.

The Veterans Committee has its regular meeting on the 1st Wednesday of each month. If you would like to attend the meeting, you are invited to do so. The committee provides lunch as the meeting occurs at noon.

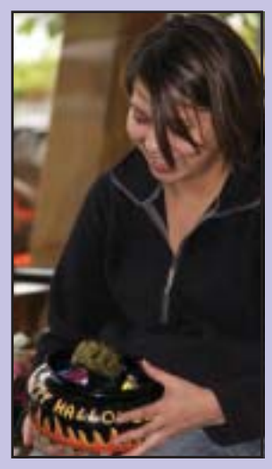
I have had no one contact me about our travel plans. So the trip to Washington DC that was planned for September was cancelled. I have dates in October that would work, but I need to know who wants to travel. The trip to the Pearl Harbor Exhibit in Hawaii is tentatively set up for January. Get in touch with me to let me know what days in January will work best.

The best way to contact Sonny B is via email. His address is: sonny.bargala@muckleshoot.nsn.us; however, you can call his office at (253) 876-3295; and, if he is not there, leave a message. He has been known to sometimes return phone calls.

The Veterans Committee wants to have a veteran featured in our Veterans Corner each month. John Loftus has informed me that he has a writer who worked for the Seattle PI who will conduct the interview and do the article on you. John has offered to do the pictures. Please contact me so that I can let John know to make arrangements with the writer. Thank you.

Trick or Treat!

Photos by John Loftus



35th Annual

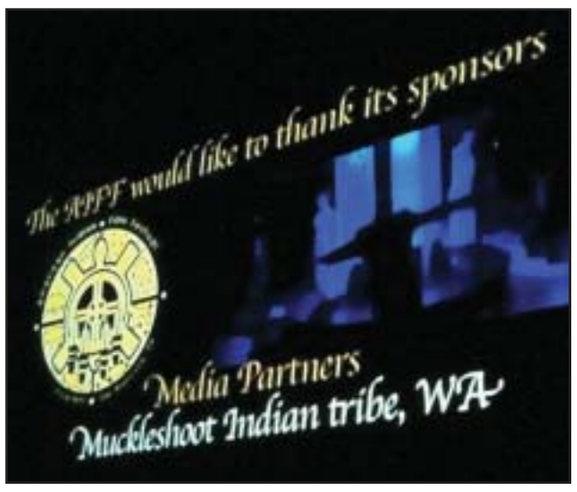
AMERICAN INDIAN FILM FESTIVAL

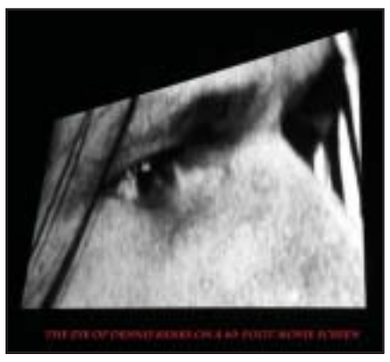
San Francisco, California ~ November 5-13, 2010

Alaskan Dance performance

DirectorJim Fortier and John Loftus, Co-Producers of 'Pulling Together'

Buffy Ste. Marie



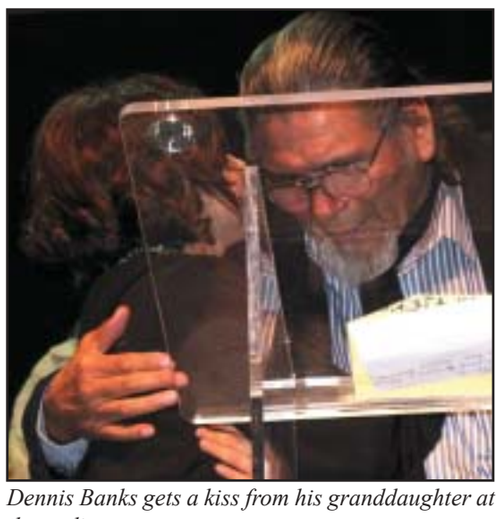


Eye of Dennis Banks on 60-foot movie screen

AIM Co-Founder Dennis Banks

Pomo ladies perform a welcoming ceremony

Wishelle Banks, niece of Dennis Banks



Dennis Banks gets a kiss from his granddaughter at the podium

Swil Kanim

Bates offers Business Management training at Muckleshoot Tribal College

Now those who would like to increase their business skills can take college classes offered by Bates Technical College.

In 2007, the training program started with a signed partnership agreement inviting Bates to provide classes at the Muckleshoot Tribal College. Students attend classes two days per week and can work toward earning three different Certificates of Training (COT) in Business Management: Business and Management I, Business and Management II and Business Fundamentals.

These classes have been so successfully received by students that some students continue their studies by taking additional classes offered through Bates. Two of these students have just completed their two year degree in Marketing and Business Management.

Those interested in getting started with the Business Management COT program should contact Cynthia Casner, Extended Learning - Contract Training, ccasner@bates.ctc.edu or 253.680.7192.

About Bates Technical College

Bates Technical College is the state's largest public technical college, offering certificate and degree opportunities in career education, distance learning, extended learning and apprenticeship training. For more information, go to www.bates.ctc.edu, or call 253.680.7000.

Northwest Indian College Seeks Part Time Faculty

Academic Faculty must have a Masters degree in subject area or similar field and experience working in Native American communities.

Continuing Education Faculty conduct classes and workshops in a variety of areas, including crafts, fitness, cooking, and more.

Spring Quarter:
- **Biology**
- **Chemistry**
- **Humanities**
- **Native Studies**
- **and more...**

Please submit resume and cover letter to:
Harmony Blancher
NWIC Site Coordinator
253.876.3274
hblancher@nwic.edu

Registration for a+ Fall 2010
Is NOW open...

MOST PROGRAM I.T. SCHEDULED CLASSES

	FALL QUARTER	WINTER QUARTER
Morning Class 10AM-Noon Monday, Tuesday, Wednesday	A+ (1) *Open Enrollment-only 7 spots!!	A+ (2) *Reserved for roll-over students.
Afternoon Class 1-3PM Monday, Tuesday, Wednesday	A+ (2) (Full w/roll-over students)	MCP
Evening Class 6-9PM Monday and Wednesday	A+ (2) (Full w/roll-over students)	A+ (1)

** Pre-requisite required to enroll in the A+ (1) class: student must have successfully completed the MOST Office Assistant Training class or passed the entry level exam with an 80% or higher. Entry exams are given on TESTING/TUTORING times noted on the MOST monthly calendar and class roster is filled on a first time, first served basis.

For more information contact:
JANET EMERY
MOST Program Assistant
By phone @ 253.876.3355 or email:
mailto:janet.emery@muckleshoot.nsn.us?subject=IT Class Information

Winter
Muckleshoot Tribal College
Advising Day
When: Dec. 8, 2010
Time: 10 a.m.- 3p.m.
Where: 39811 Aub. Enum. Rd. SE
Auburn Wa. 98092
Lunch will be provided.
Schools Present will be:
N.W.I.C., UW, Bates, GRCC, Evergreen, Antioch, MHWC,
Autumn Jugde for Big Brothers/Sister program, and King County Library.

Complete Your Degree and Make a Difference in Your Community

In partnership with the Muckleshoot Tribe, Antioch University offers a B.A. Completion program at the Muckleshoot Tribal College with concentrations in the following areas:

- Leadership and Organizational Studies
- Human Development and Learning
- Individualized Studies

Apply by Aug. 31st for Fall quarter - Classes Begin October 2010

www.antiochseattle.edu/BA

ANTIOCH UNIVERSITY SEATTLE

Contact Jessica Porter, First Peoples Program Coordinator, 206-406-3472, jporter1@antioch.edu

Attention GED Students:

Finish your GED by January 2012!

Now, there is an additional incentive to finish the GED because the GED series will change in January 2012, and all previous test scores will expire. That may seem like a long time away, but it's not.
Don't let your results expire!
Come in and finish your GED.

Call 253-876-3256 with any questions.

Northwest Indian College

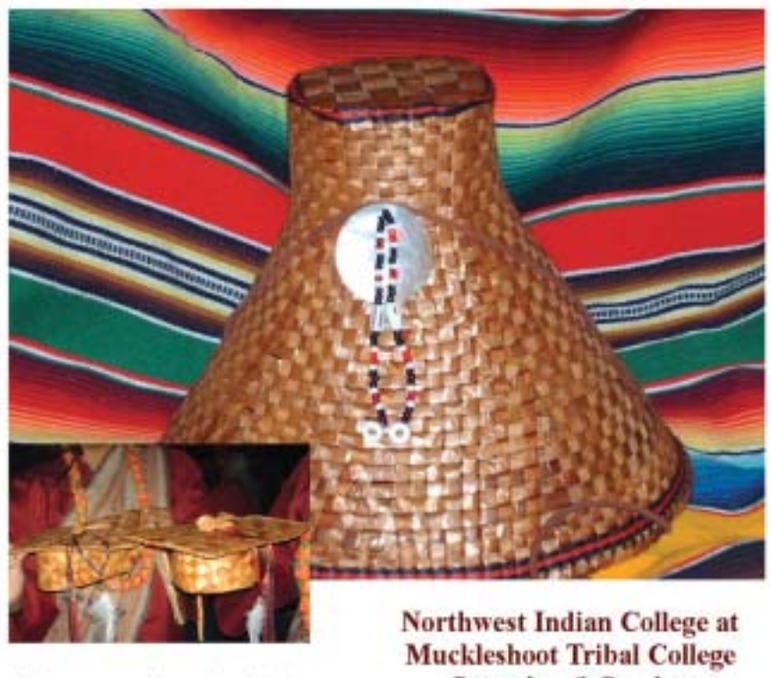
Earn your Associate of Arts degree with an emphasis in Native American Studies, Life Sciences, Chemical Dependency Studies, Early Childhood Education or a General Transfer degree at NWIC Muckleshoot. We offer a variety of evening face-to-face, online, interactive television and independent learning classes to allow flexible scheduling for the working professional. Make an appointment with a Muckleshoot Tribal College advisor today by calling 253.876.3183.

Advising Day Wed Dec 8

Important Dates to Remember:

Pre-Register for Winter Quarter Classes.....	Nov 15 - Dec 17
Muckleshoot Tribal College Advising Day.....	Dec 8
Registration.....	Jan 4 - 7
Honoring Winter Resolutions Workshop.....	Jan 8
Winter Quarter Classes Begin.....	Jan 10
Cedar Hat Making Workshop.....	Jan 15 -16

Coast Salish Cedar Hat Making



Join us as we explore an introduction to cedar weaving techniques and a brief history of cedar hats. By completion of the course students will complete their own cedar hat. Register early. Class space is limited to 10 students. Students must pay $100 cedar kit fee to instructor at start of class. CEU credits available.

Northwest Indian College at Muckleshoot Tribal College
Saturday & Sunday
January 15-16, 2011
10:00a-2:00p

For more information please contact:
LEE & ISABELLE PLASTER
leeplaster1958@yahoo.com

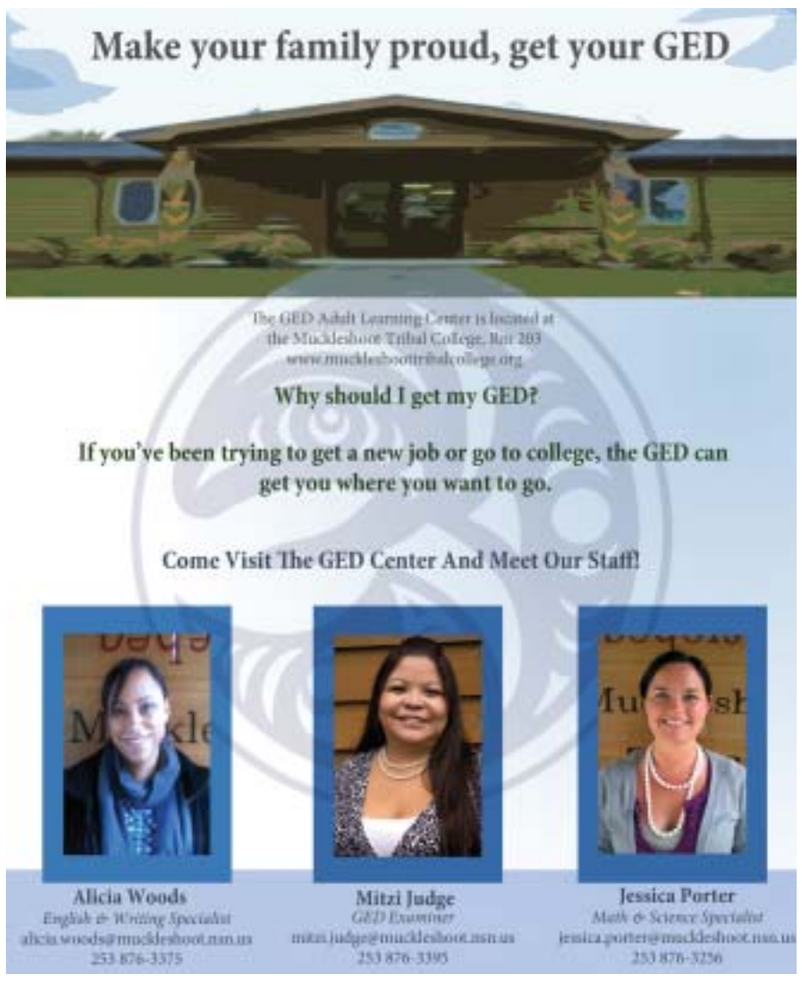
GED Tutoring

Free to all community members

- *One-on-one tutoring*
- *Private study space available*
- *Assistance in obtaining accommodations due to learning disabilities*

Monday-Friday 9am to 5pm
Muckleshoot Tribal College
room 203

For tutoring: Jessica Porter at 253-876-3256 or Alicia Woods at 253-876-3375
For testing questions: Mitzi Judge at 253-876-3395
NOTICE: The GED agency is re-creating their tests, and all existing test scores will be voided after January, 2012. This means that *if you have taken any tests in the last 10 years, those tests will be invalid after January, 2012.* Please come and see us ASAP about finishing your GED!


Make your family proud, get your GED
The GED Adult Learning Center is located at the Muckleshoot Tribal College, Rm 203
www.muckleshoottribalcollege.org
Why should I get my GED?
If you've been trying to get a new job or go to college, the GED can get you where you want to go.
Come Visit The GED Center And Meet Our Staff!
Alicia Woods
English & Writing Specialist
alicia.woods@muckleshoot.nsn.us
253 876-3375
Mitzi Judge
GED Examiner
mitzi.judge@muckleshoot.nsn.us
253 876-3395
Jessica Porter
Math & Science Specialist
jessica.porter@muckleshoot.nsn.us
253 876-3256

Honoring Winter Resolutions

"When we take better care of ourselves, we can take better care of those things around us."

Class Description:
During this gathering we will discuss traditional methods to maintaining optimal health that last throughout the seasons. Class topics will include:

- Herbs for Detoxification and Liver Support
- Traditional Foods Principles
- Grocery Shopping Guides
- Healthy Recipes

When: Saturday- January 8th, 2011
Where: Muckleshoot Tribal College
Time: 10am-3pm
Other: If you have any questions regarding this class please contact Valerie Segrest at: vsegrest@gmail.com (360) 471-8384
FYI:
CEU Credits & OSPI Hours For Teachers!!

The NW Indian College's Diabetes Prevention Through Traditional Plants Program Presents

Holiday Gift Making

Herbs for Relaxation and Rejuvenation

At the Muckleshoot Tribal College
December 4th, 2010 ~ 10:00am ~ 3:00pm

Join us as we explore aromatherapy essential oils and herbal remedies that promote relaxation and rejuvenation. Learn to make your own gifts including:

- Aromatherapy Bath Salts
- Herbal Baths
- Salt Scrubs
- Teas and warming winter beverages

Itinerary
9:30am Tea and snacks, check in
10:00 Herbs and essential oils for relaxation and rejuvenation
11:00 Begin hands-on gift making
12:00 Lunch
1:00 Gift making
2:30 Special Topic –
3:00 Closing

For more information please contact:
Valerie Segrest — NWIC Traditional Plants Program
vsegrest@gmail.com
(360)471-8384

CEU credits and OSPI hours available for teachers!!!

Inside the GED Room

An Interview with Zachary Valles

Tell me a bit about yourself.

My name is Zachary Valles, and I'm Muckleshoot from the Lozier family. I've lived here in the community my whole life.

Why did you decide to get your GED?

I found that without my GED it is hard to get a high paying job to support my family and pay bills.

"if you take the time and effort, you will be successful."
-Zach

What has the process of preparing for the GED been like for you?

It has been tough at times but I found that with time I got a lot accomplished. I learned a lot more and things I forgot from school I picked up really quick. Sometimes I would not test because I thought I had to be perfect, but I found out that I was actually ready and I passed the test

What are goals for your future?

I have one of the five GED tests left-math. After I pass that I would like to get more training in culinary arts or carpentry. I would like to be a head chef or a journeyman.

What would you say to someone that is considering getting their GED but has not taken the first step?

I was intimidated at first but it is important not to cut yourself short and think that you can't do it. I found that the teachers are helpful in explaining the stuff that I did not understand and now I will have a lot more opportunities. If you take the time and effort, you will be successful.

*Photo by Louie Gong

CCDF/ Tax Fund Program is accepting applications

The Muckleshoot Child Care Development Fund assists low-income Native Americans with childcare costs. To qualify the parents must be working, or attending an educational institute. The child must be enrolled in a federally recognized tribe or is a verified descendant (Biological parent(s) must be enrolled in a federally recognized tribe). Service area includes those who live on or near (30 miles radius from MIT administration) the Muckleshoot Indian Reservation. Overlapping service areas will require a decline letter or verification that you are not already receiving services from the primary CCDF Program.

If you are interested in the CCDF Program please provide us with the following documents (listed below);

- Complete Childcare Application
- DSHS application
- Copy of Child's Immunization (Child)
- Proof of Tribal Enrollment (Child/Parent)
- Household income (Parent)
- Schedule from Employer/Educational Institute (Parent)

It will take three to five business days to review the CCDF application and determine eligibility. If you have any questions feel free to contact the CCDF office at (253) 876-3056 or (253) 939-3311 ext. 3915, email Richelle.brown@muckleshoot.nsn.us

TOP SIX LIST OF THINGS TEACHERS WOULD LIKE PARENTS TO KNOW

Remember that the teacher is on your side. Teachers truly care about your children and want them to be successful. If your child's teacher contacts you about a problem or something that happened at school, understand that the teacher is trying to work with you to resolve any conflicts that may be getting in the way of your child's success. You're all on the same team.

Trust in the teacher's feedback. Just because a child doesn't exhibit a particular behavior at home doesn't mean he doesn't exhibit that behavior in the classroom. So if a teacher reports a particular behavior that you haven't seen before, don't rush to say, "Well, I've never seen him do that." The classroom and home environments are quite different, and oftentimes children behave differently when forced to follow rules and work with peers. Listen to what the teacher has to say and work with him/her to find a solution.

If you are having an issue with the teacher, your child, the subject matter or the classroom in general, talk directly with the teacher before going to the principal or other administrators. Ninety-five percent of the time, a problem can be resolved between the teacher and parent with a simple phone call.

According to the National PTA, talking with your children is one of the most critical steps of healthy parenting. Communication is the key. Not only does this help you stay on top of updates and what's going on in the classroom, but it also shows your child that you are checking in. We are creating a PTA for Muckleshoot Tribal Schools which will begin meeting in January, 2011.

Check on Homework Regularly – but don't do it for the child! It's important to review your child's homework, but if they get an answer wrong, take the time to help them understand why. Please don't just tell the child the answer. That defeats the purpose of homework!

Go to Open House Night. A good parent-teacher relationship leads to a good student-teacher relationship, so don't skip the open house! Use the open house as a time to get to know the teacher, ask questions, uncover the expectations, address problems and find out what's going on in the classroom.

Please join next month's meeting with the Superintendent's Advisory Council for parents and grandparents to talk about their concerns, successes and methods to improve the Muckleshoot Tribal Schools with Superintendent, Michael Aaron. The meetings are held on the first Wednesday of the month in the School Library from 4:00pm until 5:30pm.

MTS fall sports make significant leaps forward

By Tim Tubbs, Athletic Director

MTS fall sports made significant leaps forward with full league membership into the eight-team Sea-Tac League. Because many of the schools do not play football, our MTS squad joined in the NW 1B 8-man League which also had eight members.

VARSITY VOLLEYBALL. Although the girls did not play any matches at home due to the gym closure, they became road warriors, logged a lot of miles, and fought hard throughout the season. Volleyball closed the season on October 27th with a 4-set loss to Quilcene in the League Tournament held at Mount Rainier Lutheran in Tacoma.

Letter winners for girls volleyball team are: Lena Elkins, Jenel Hunter, Vivian Jansen (2nd year), Kellie Manduza, Capt. (2nd year), Natalie Starr, and Lana Tsosie (2nd year). Olivia Ho was team manager and volunteer coach who helped Taneisha Tilque, Head Coach, and Nicole Barney, Asst. Coach to a successful season.

CROSS COUNTRY. Senior Cole Buchanan, who holds the school record in the 1600m, continued right where he left off in track last spring by competing for MTS in several League events, including the League Championship over the hilly and challenging course at Trophy Lake in Port Orchard.

Cole qualified for the District Championships at that meet, representing MTS at the highest level of competition, short of the State Championships. Be reminded that this is Cole's first attempt at cross country and racing over various 3.1 mile courses. Coach Angelo Baca and Cole Buchanan made MTS Kings very proud indeed.

MIDDLE SCHOOL VOLLEYBALL. The MTS middle school girls showed lots of interest in volleyball. Enough girls came out to field two teams as members of the Middle Chinook League. As with the varsity program, practices and games were held off-campus due to the gym closure.

Hard as the travel was, thirteen girls stuck to the end, returning home with team victories against Chief Leschi and Heritage Christian and well as several other very close finishes.

Well deserved congratulations go out to Patience Daniels, Chrystal Edwards, Belem Esparza, Shaughnessi Hicks, Leondra Keeline, Leesa Lozier, Alexis Mason, Shayla Mathias, Seaira Pacheco, Leanne Redthunder, Cissie Slockish, LaShawna Starr, Isabella Valles and Coaches Gina Coheley and Mikayla Schaaf.

Go Kings!

Perfect Attendance *for* October

Ronal Atimalala	Ayana Rodriguez	Katalina Lozier
Elizabeth Canales	Nathon Ward	Darius Nichols
Julius Charles	Kaylee WhiteEagle	Richard Penn
Kuleace Eyle John	Shaleen WhiteEagle	Cecilia Reyes
Tabor Judson Elkins	Andrew Williams	Resa Starr
Sanchez Kato Savoy	Makya Bakke	John Charles
Edna Lobehan	Swee-tub Cayou	Terron Galicia
Malia Meyer	Erika James	Kesiah Nichols
Alison Moses	Izreal Judson Elkins	Ryan Thompson
Jonnie Moses	Rian Keeline	Azela Weed
Tyrell Nichols	Shannon Mack Andy	Jarret Hannigan
Aron Ortiz	Rolando Millan	Nathan Keeline
Martin Reyes	Jazmyn Thomas	Charlize Moses
Daveya Rojero	Stannsi Vaiese	Erika Ramirez
TristanThompson	Richard Weed	Leondra Keeline
Pearl Valles	Jeremiah WhiteEagle	Acey Charles
Clement Joseph	Sage Bakke	Seaira Pacheco
Mackenzie Lobehan	Cody Foreman	Teddy Salinas
Joshua Moses	Chayton Hannigan	Shalena Summers
Leah Moses	Annie Kitsap Moses	Sean Daniels
Astraiya Penn	Miranda Kitsap Moses	Addie Iyall
Lillianna Ramirez	Elijah Lobehan	Felix Mckay

SPORTS COVERAGE PROVIDED BY
MUCKLESHOOT TRIBAL SCHOOL

Muckleshoot Tribal School

15599 SE 376th St. Auburn, WA 98092
School Phone: 253-353-6503 Home Phone: Fax: tim.tubbs@muckleshoottribalschool.org

Principal	Superintendent	Dean of Students	Athletic Director
Don Sims	Michael Aaron	Will Bill Jr.	Tim Tubbs

Varsity Basketball (Boys) 2010-2011

Day	Date	Opponent	Place	Dismiss	Depart	Time
Wednesday	Dec. 01	Northwest High School	Muckleshoot Gymnasium			7:00PM
Friday	Dec. 03	Tulalip Heritage High School	Muckleshoot Gymnasium	TBA	TBA	7:30PM
Tuesday	Dec. 07	@ Northwest Yeshiva HS	Seattle Hebrew Academy	2:00PM	2:15PM	7:30PM
Friday	Dec. 10	Winter Tip Off Tournament Chief Leschi High School Neah Bay High School Yakima Tribal High School	Muckleshoot Gymnasium	TBA	TBA	3:30PM
Saturday	Dec. 11	Winter Tip Off Tournament Chief Leschi High School Neah Bay High School Yakima Tribal High School	Muckleshoot Gymnasium	TBA	TBA	11:30AM
Tuesday	Dec. 14	Eastside Prep	Muckleshoot Gymnasium	TBA	TBA	6:00PM
Friday	Dec. 17	@ Christian Faith School	EX3 Teen Center	2:15PM	2:30PM	7:00PM
Monday	Dec. 20	@ All-Native Tournament	Lummi HS	TBA	TBA	TBA
Tuesday	Dec. 21	@ All-Native Tournament	Lummi HS	TBA	TBA	TBA
Tuesday	Jan. 04	Shorewood	Muckleshoot Gymnasium	TBA	TBA	7:30PM
Friday	Jan. 07	@ Quilcene High School	Quilcene High School	12:30PM	12:45PM	7:00PM
Saturday	Jan. 08	@ Mount Ranier - Lutheran	Mount Rainier Lutheran	2:15PM	2:30PM	7:30PM
Thursday	Jan. 13	Puget Sound Adventist Academy	Muckleshoot Gymnasium	TBA	TBA	7:30PM
Tuesday	Jan. 18	Mount Ranier - Lutheran	Muckleshoot Gymnasium	TBA	TBA	7:30PM
Friday	Jan. 21	@ Eastside Prep	Eastside Prep	1:30PM	1:45PM	4:00PM
Tuesday	Jan. 25	Christian Faith School	Muckleshoot Gymnasium	TBA	TBA	7:30PM
Friday	Jan. 28	@ Shorewood Christian	Glacier High School	3:30PM	3:45PM	7:30PM
Tuesday	Feb. 01	Quilcene High School	Muckleshoot Gymnasium	TBA	TBA	7:30PM
Thursday	Feb. 03	Northwest Yeshiva HS	Muckleshoot Gymnasium	TBA	TBA	7:30PM
Tuesday	Feb. 08	@ Puget Sound Adventist Academy	PSAA	1:15PM	1:30PM	8:00PM

Junior Varsity Basketball (Boys) 2010-2011

Day	Date	Opponent	Place	Dismiss	Depart	Time
Wednesday	Dec. 01	Northwest High School	Muckleshoot Gymnasium			5:15PM
Tuesday	Dec. 07	@ Northwest Yeshiva HS	Seattle Hebrew Academy	2:00PM	2:15PM	4:30PM
Friday	Dec. 17	@ Christian Faith School	EX3 Teen Center	2:15PM	2:30PM	4:00PM
Friday	Jan. 07	@ Quilcene High School	Quilcene High School	12:30PM	12:45PM	4:00PM
Saturday	Jan. 08	@ Mount Ranier - Lutheran	Mount Rainier Lutheran	2:15PM	2:30PM	4:30PM
Thursday	Jan. 13	Puget Sound Adventist Academy	Muckleshoot Gy		TBA	4:00PM
Tuesday	Jan. 18	Mount Ranier - Lutheran	Muckleshoot Gymnasium	TBA	TBA	4:00PM
Tuesday	Jan. 25	Christian Faith School	Muckleshoot Gymnasium	TBA	TBA	4:00PM
Tuesday	Feb. 01	Quilcene High School	Muckleshoot Gymnasium	TBA	TBA	4:00PM
Thursday	Feb. 03	Northwest Yeshiva HS	Muckleshoot Gymnasium	TBA	TBA	4:00PM
Tuesday	Feb. 08	@ Puget Sound Adventist Academy	PSAA	1:15PM	1:30PM	4:00PM

Middle School Basketball (Boys) 2010-2011

Day	Date	Opponent	Place	Dismiss	Depart	Time
Thursday	Dec. 02	@ Jamboree	Jamboree	TBA	TBA	TBA
Monday	Dec. 06	Rainier Christian School	Muckleshoot Gymnasium	2:15PM	:PM	3:30PM
Thursday	Dec. 09	Carbonado	Muckleshoot Gymnasium	TBA	:PM	3:30PM
Monday	Dec. 13	@ Chief Leschi High School	Chief Leschi	2:00PM	2:15PM	3:30PM
Thursday	Dec. 16	Heritage Christian School	Muckleshoot Gymnasium	TBA	:PM	3:30PM
Thursday	Jan. 06	@ Lighthouse Christian	Lighthouse Christian	1:45PM	2:00PM	3:30PM
Monday	Jan. 10	Annie Wright School	Muckleshoot Gymnasium	TBA	:PM	3:30PM
Thursday	Jan. 13	@ Crosspoint	Crosspoint Academy	1:15PM	1:30PM	3:30PM
Thursday	Jan. 20	@ Rainier Christian School	Rainier Christian	2:15PM	2:30PM	3:30PM
Monday	Jan. 24	@ Carbonado	Carbonado	2:00PM	2:15PM	3:30PM
Thursday	Jan. 27	Chief Leschi High School	Muckleshoot Gymnasium	TBA	:PM	3:30PM

Varsity Basketball (Girls) 2010-2011

Day	Date	Opponent	Place	Dismiss	Depart	Time
Thursday	Dec. 02	Northwest High School	Muckleshoot Gymnasium			7:00PM
Friday	Dec. 03	Tulalip Heritage High School	Muckleshoot Gymnasium	TBA	TBA	5:45PM
Tuesday	Dec. 07	@ Northwest Yeshiva HS	Seattle Hebrew Academy	2:00PM	2:15PM	6:00PM
Friday	Dec. 10	Winter Tip Off Tournament Chief Leschi High School Neah Bay High School Yakima Tribal High School	Muckleshoot Gymnasium	TBA	TBA	3:30PM
Saturday	Dec. 11	Winter Tip Off Tournament Chief Leschi High School Neah Bay High School Yakima Tribal High School	Muckleshoot Gymnasium	TBA	TBA	11:30AM
Friday	Dec. 17	@ Christian Faith School	EX3 Teen Center	2:15PM	2:30PM	5:30PM
Monday	Dec. 20	@ All-Native Tournament	Lummi HS	TBA	TBA	TBA
Tuesday	Dec. 21	@ All-Native Tournament	Lummi HS	TBA	TBA	TBA
Tuesday	Jan. 04	Shorewood	Muckleshoot Gymnasium	TBA	TBA	5:45PM
Friday	Jan. 07	@ Quilcene High School	Quilcene High School	12:30PM	12:45PM	5:30PM
Saturday	Jan. 08	@ Mount Ranier - Lutheran	Mount Rainier Lutheran	TBA	TBA	6:00PM
Thursday	Jan. 13	Puget Sound Adventist Academy	Muckleshoot Gymnasium	TBA	TBA	5:45PM
Tuesday	Jan. 18	Mount Ranier - Lutheran	Muckleshoot Gymnasium	TBA	TBA	5:45PM
Tuesday	Jan. 25	Christian Faith School	Muckleshoot Gymnasium	TBA	TBA	5:45PM
Friday	Jan. 28	@ Shorewood Christian	Glacier High School	3:30PM	3:45PM	5:45PM
Tuesday	Feb. 01	Quilcene High School	Muckleshoot Gymnasium	TBA	TBA	5:45PM
Thursday	Feb. 03	Northwest Yeshiva HS	Muckleshoot Gymnasium	TBA	TBA	5:45PM
Tuesday	Feb. 08	@ Puget Sound Adventist Academy	PSAA	1:15PM	1:30PM	6:00PM

Middle School Basketball (Girls) 2010-2011

Day	Date	Opponent	Place	Dismiss	Depart	Time
Tuesday	Feb. 15	@ Jamboree	Jamboree	TBA	TBA	TBA
Thursday	Feb. 17	@ Rainier Christian School	Rainier Christian	2:15PM	2:30PM	3:30PM
Tuesday	Feb. 22	@ Carbonado	Carbonado	2:00PM	2:15PM	3:30PM
Thursday	Feb. 24	Chief Leschi High School	Muckleshoot Gymnasium	TBA	TBA	3:30PM
Tuesday	Mar. 01	@ Heritage Christian School	Heritage Christian	2:00PM	2:15PM	3:30PM
Thursday	Mar. 03	Lighthouse Christian	Muckleshoot Gymnasium	TBA	TBA	3:30PM
Tuesday	Mar. 08	@ Annie Wright School	Annie Wright	2:00PM	2:15PM	3:30PM
Thursday	Mar. 10	Crosspoint	Muckleshoot Gymnasium	TBA	TBA	3:30PM
Tuesday	Mar. 15	Rainier Christian School	Muckleshoot Gymnasium	TBA	TBA	3:30PM
Thursday	Mar. 17	Carbonado	Muckleshoot Gymnasium	TBA	TBA	3:30PM
Monday	Mar. 21	@ Chief Leschi High School	Chief Leschi	2:00PM	2:15PM	3:30PM

Muckleshoot Tribal School

Alternate Snow Routes for 2010/2011

The Emergency Communications System is designed to go into operation by 6:00a.m. For updated information listen to your radio/TV station starting at 6:00a.m. If Muckleshoot Tribal School is not specifically mentioned, school will be operating normally. Announcement for that day only unless otherwise stated. (Closure information can also be obtained via the Internet at www.schoolreport.org then select: private school) or call the school at 253-931-6709

***** Note: All Villages will be at their regular bus stops (Skopabsh, Cedar, Swan Flats, Davis Property) *****

They should announce one of the following:

1. Closed= No School (all activities canceled)
2. Open with limited bus transportation-follow routes below at normal times
3. Open, One hour late –follow routes below with student start times: MS/HS @ 8:30 & 1st -5th @ 9:30
4. Open, Two hours late- follow routes below with student start times: MS/HS @ 9:30 & 1st -5th @ 10:30

"Limited" means buses **will not** travel in the following areas for the entire day (no pick up or drop off)

Alternate Snow Route Bus Stop	Area Not Serviced Due to Weather Conditions
Auburn Riverside High School	Lakeland Hills, Lake Tapps, Bonney Lake ~10309-177th Ave. E - Bonney Lake ~166th Ave. E ~5718 Olive Ave ~411-196th Ave. E
8th N.E. & "R" Street	~Lea Hill ~11817 S.E. 319th Place ~Stop @ corner of 124th & 316th ~30326-110th Place N.E.
Casino Parking lot by Arco gas station	~All 24th,25th,26th & Forest Ridge ~MCDC
Transit Station by Hamilton Fireworks	~All stops on 368th (14735 & 14700 & 14627)
All Public Transit Stops along Auburn Way So & Aub/Enclw Hwy up to 416th	~Additional Pick- up sites

We would like to congratulate the
MTS October Students of the Month

Jonnie Moses – Kindergarten
Edna Lobehan – Kindergarten
Ayana Rodriguez – 1st Grade
Andy Williams – 1st Grade
Ariana Romo Rincon – 2nd Grade
Chayton Hannigan – 3rd Grade
Dominique Wagner – 3rd Grade
Kiana Aho – 4th Grade
Ryan Thompson – 4th Grade
Gaspar Martinez – 5th Grade
Josephine Wayne – 5th Grade
Diego Dick – 6th Grade
Cissie Slockish – 6th Grade
Isabella Valles – 7th Grade
Gloria Simmons – 7th Grade
Isaac Elkins – 8th Grade
Arlena Lobehan Banks – 8thGrade
Trisdin Lozier – 9th Grade
Danny White – 10th Grade
Deidre Lane Black – 11th Grade
Dustin Jansen – 11th Grade
David Heredia – 12th Grade
Ongelic Johnson – 12th Grade

It's not whether you win or lose, it's how you play the game

On Thursday, November 4th, around 5:00 pm I received a call from a gentleman who identified himself as the father of a player on the Crescent High School Football team. He proceeded to tell me about the bad sportsmanship his sons' team had been subjected to during the season. I braced myself, fully expecting him to start talking about our team.

And he did.

He said he has not seen a team in several years that displayed such a high level of sportsmanship! He continued to praise our team on their effort, poise and team work.

When our conversation was finished, I thanked him and hung up the phone. As I sat in my office, no one else around, I thought what a great testimony to our young men who have the courage to go on that field and play their game.

Winning is the goal of the team in any sport, but I will take our young men's sportsmanship over winning any day! So if you see one of your MTS football players or coaches, thank them for the effort and sportsmanship they have shown this year, and let them know you feel good because of them.

Don Sims
MTS Principal

Youth Facility

CALLING ALL YOUTH

The Youth Facility is welcoming all youth between the ages of 5-18 to join our program. The Youth Facility is open Tuesday through Saturday after school and in the evenings. We offer a variety of activities every day from arts & crafts to recreational games to cultural activities. We also offer homework time every weekday to help you with your homework problems. In addition we regularly go on off site field trips and have monthly Family Fun Nights. All you have to do to join the fun is stop in and fill out an enrollment packet, and let the fun begin!

For any questions please call us at
253-876-3383.

MIT YOUTH FACILITY
38624 172nd Ave. SE
Auburn, WA 98092
Phone: 253-876-3383

...because we care.

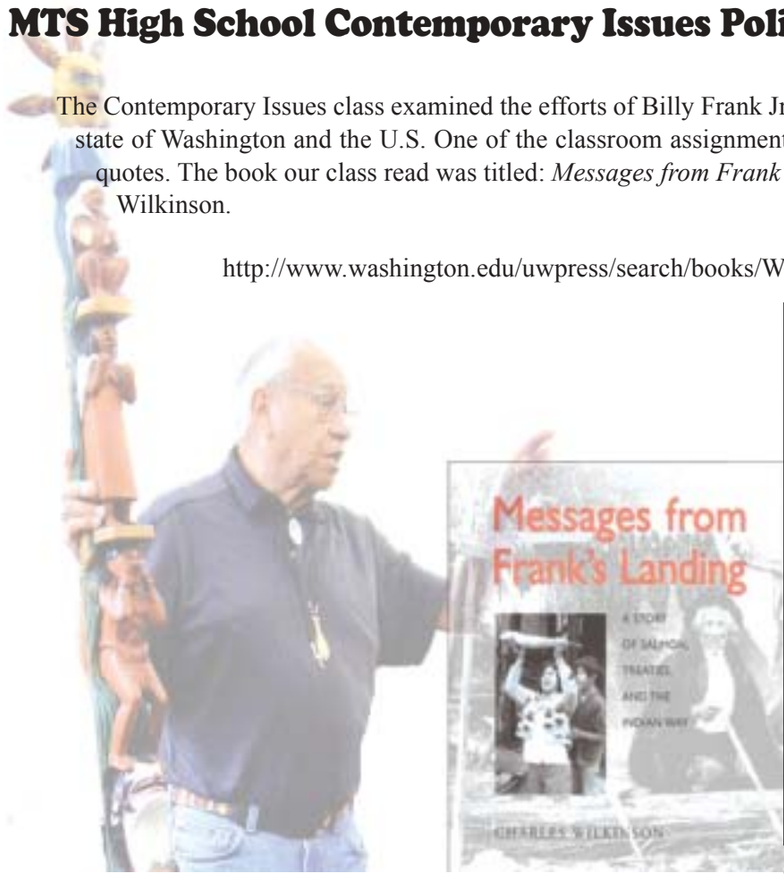
Canoe Field Trip

MTS students experience their culture on the water

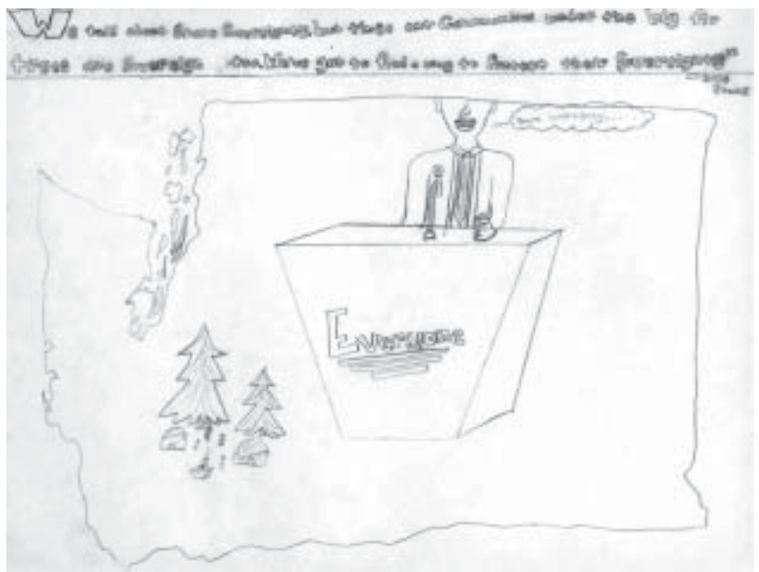
MTS High School Contemporary Issues Political Cartoons Assignment by 2nd period

The Contemporary Issues class examined the efforts of Billy Frank Jr. and the Boldt Decision regarding the honoring of treaty rights in the state of Washington and the U.S. One of the classroom assignments was to create a political cartoon depicting one of Billy Frank Jr.'s, quotes. The book our class read was titled: *Messages from Frank's Landing A Story of Salmon Treaties, and the Indian Way* by Charles Wilkinson.

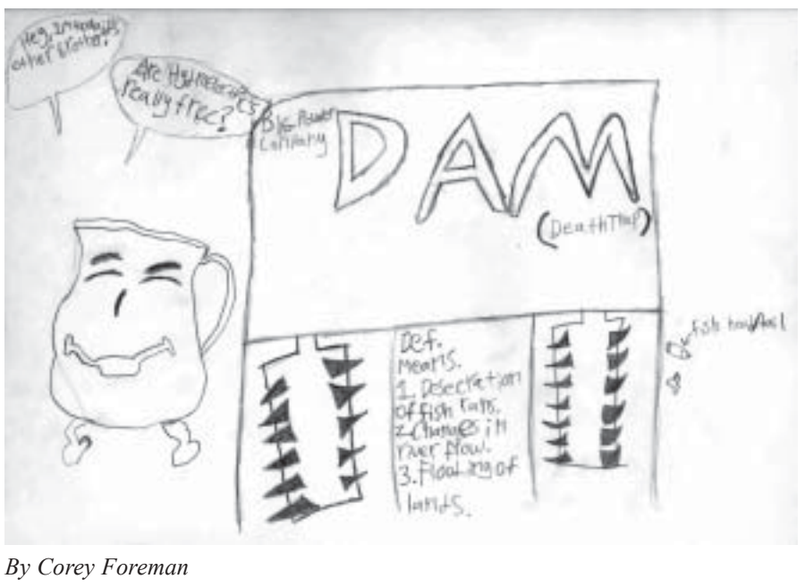
http://www.washington.edu/uwpress/search/books/WILMES.html



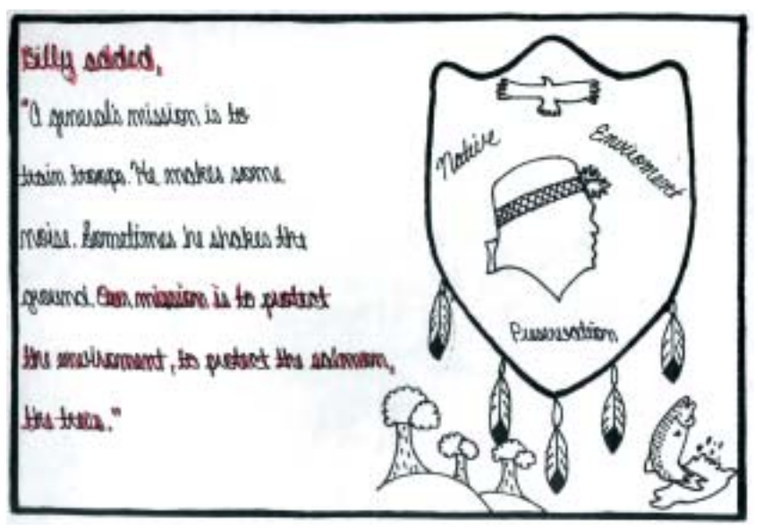
Students meet Billy Frank Jr.



By Sylvia Agaton
"We talk about State Sovereignty, but those ant communities under the big fir trees are sovereign too. We've got to find a way to protect their sovereignty." Billy Frank



By Corey Foreman



By Lana Tsosie
Billy added, "A general's mission is to train troops. He makes some noise, sometimes he shakes the ground. Our mission is to protect the environment, to protect the salmon. The trees."

By Kevin Higgins
"The white people haven't cared about the river. Nobody along this river cared there was a river here. All they thought was, 'I can make money off this river."

Lady Kings Volleyball Team shows great improvement

The Muckleshoot Middle School Girls Volleyball Team have surpassed their record last year, by receiving their third victory of the season conquering Chief Leschi, winning two out of three games!!! During the game our ladies had fantastic serves with almost every player making multiple serves over the net and numerous side-outs. The lady KINGS practiced hard every day after school for weeks and it has definitely paid off! We are very proud of our team and are sad to see the season come to an end. Congratulate these players on a job well done! ***~ Mikayla Schaaf***

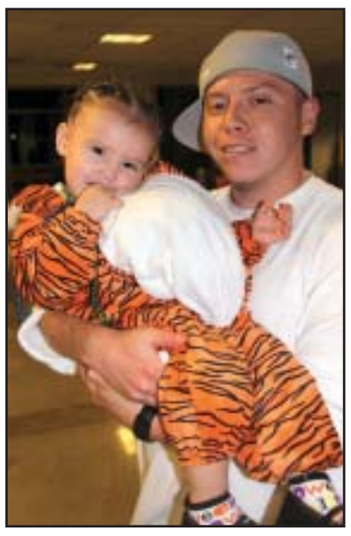
TOP: Lashawnna Starr, Coach Mikayla Schaaf, Celeste Edwards, Shaniah Leslie, Coach Gina Coheley, Leandra Keeline, Belem Esparza, Shaughnessi Hicks, Cissie Slockish. BOTTOM: Leanne Redthunder, Isabella Valles, Alexis Mason, Leesa Lozier, Virginia Marquez, Siearra Pacheco

"We had such a great time coaching you this season! We hope you girls had fun and we are very proud of your accomplishments. You have all improved over the season and we look forward to next year!"
~ Coach Gina Coheley

Muckleshoot Community

HALLOWEEN PARTY

Photos by John Loftus



MUCKLESHOOT POLICE

Muckleshoot Police October Recap

09/29/10 2:00 am 10-227619 41400 block Auburn-Enumclaw RD SE Assault
An adult male reported that he was in his backyard by himself when three males wearing red masks came out of no where and hit him in the face with a rock. The masked males punched and kicked the victim before leaving. The victim said he did not know who the suspects were.

09/30/10 10:00 pm 10-229212 Cedar Village Burglary
A juvenile reported that when they returned home at about 10:00 pm they discovered their XBOX 360 Slim black in color, a Skate 3 video game for the XBOX 360 and an orange back pack missing. A door on the house had been left unlocked when the juvenile departed the house.

10/02/10 12:55 am 10-230193 16400 block SE 392 ST Robbery
An adult male was at a house visiting his cousin and his girlfriend when her intoxicated adult nephew came in the house. The nephew asked the victim if he could borrow $10, the victim just went to bed. The nephew then punched him three to four times in the face and pulled his medicine bag off of his pants that contained $50. The nephew left the house before deputies arrived. The robbery is being investigated.

10/02/10 11:10 pm 10-230875 Cedar Village Vandalism
An adult male heard a loud noise outside, when he and his wife investigated they discovered that a rock had been thrown through the rear window of their vehicle window, scattering it.

10/04/10 1:50 am 10-231533 Skopabsh Village Burglary
An adult female returned home from work and discovered that her RCA flat panel TV and her Blackberry cell phone were missing. The suspect(s) gained entry through a bedroom window.

10/04/10 9:30 am 10-231979 Human Resources Threats
An agitated adult male walked into Human Resources and started yelling, cussing and making vague threats, he was upset about his employment status. Police were called later in the day, no crime had occurred but the incident was documented in a police report.

10/05/10 10:00 am 10-232745 Muckleshoot Indian Reservation Child Molestation
Child Protective Services (CPS) referred a Child Molestation case to the Sheriff's Office. Details are being kept confidential due to the nature of the case and the on going investigation.

10/05/10 10:00 am 10-232407 Muckleshoot Indian Reservation Suspicious Circumstance
Child Protective Services (CPS) referral involving a suspicious act by a minor of a sexual nature. Details are being kept confidential due to the nature of the case and the on going investigation.

10/06/10 2:50 am 10-233311 41400 block Auburn-Enumclaw RD SE Assault
A young adult/minor male had been at the house earlier in the evening drinking alcohol. The adult female resident had him leave. The male returned later with some friends, a verbal confrontation started with the female resident and the male hit her in the mouth. The male then left with his friends. Police responded, the male's location was unknown, he was cited for "Assault in the Fourth Degree."

10/06/10 1:54 pm 10-233654 SE 392 ST/Auburn-Enumclaw RD SE Warrant Arrest
An adult male was spotted by a deputy walking away from an incident the police had been called to. The male had two Auburn misdemeanor warrants for "Driving While License Suspended" one with a $2,000 bail and one with a $750 bail. The male was arrested an booked into the Auburn Jail on the warrants. There was not a crime at the initial incident the police had been called to.

10/07/10 2:37 pm 10-234658 41400 block Auburn-Enumclaw RD SE Threats
An intoxicated adult male threaten to come back and shoot up the house of another adult male. The victim did not want to assist in prosecution. A deputy contacted the intoxicated male and warned him against going back to the victim's house.

10/08/10 6:00 pm 10-235656 Health and Wellness Center Trespass
A staff member at the Health and Wellness Center called the Muckleshoot Police about an adult male being in the building that had been previously trespassed. A deputy contacted the male; he was asked to leave, after first refusing to leave and using profanity the male left. The staff member contacted a supervisor and received permission to suspend the male from the Health and Wellness Center for one year except for mental health appointments. The deputy also completed a police Trespass Letter on the male.

10/10/10 4:20 am 10-236786 Skopabsh Village Assault
Muckleshoot Police were called for the report of an assaulted male. A deputy contacted a very intoxicated adult male. The male at first said he was assaulted in the 41400 block of the Auburn-Enumclaw RD SE then changed his story saying he just fell. The male would not say who assaulted him. The male was transported to the hospital by a private ambulance for the treatment of his injuries.

10/10/10 5:30 pm 10-237081 Skopabsh Village Vandalism
A very intoxicated adult female broke out three double pane windows after her husband locked her out of the Housing Authority house they are renting. Muckleshoot Police arrived and detained the female. The female was bleeding; she was transported to the hospital via a private ambulance for treatment. Charges are pending.

10/11/10 2:25 am 10-237335 Skopabsh Village Family Disturbance
An adult male went to his adult sister's house with his girlfriend. The sister told her brother that the girlfriend had to leave because she didn't like her, they got into a verbal argument and the sister told the brother to leave as while. The sister told the brother that she was calling the police to have him arrested on his warrant; he and his girlfriend left the house. A deputy responded, the sister was very intoxicated. The brother was gone and was not located.

10/11/10 4:00 pm 10-238843 17600 block SE 408 ST Burglary
A senior female reported that someone entered her house through an open bedroom window while she was away. The only item known to be taken was a prescription bottle of 10 mg Percocet.

10/11/10 6:30 pm 10-237877 Davis Property Threats
An adult female reported to police that her daughter's young adult ex-boyfriend has been calling the house and making threats. The male has been saying things like ""I'm gonna shoot up your house." The female does not thing the make will carry out his threats but wanted them documented in a police report.

10/12/10 9:25 pm 10-238960 Skopabsh Village Suicide Attempt
An adult male told his mother that she could have custody of his daughter then took an unknown amount of prescription and none prescription pills, his mother called 911. The male had two other recent suicide attempts, he was sent to the hospital by a private ambulance for a mental health evaluation.

10/13/10 5:08 pm 10-239584 Skopabsh Village Trespass
While a deputy was conducting a welfare check of a senior female in Skopabsh he discovered an adult female in the house that the Housing Authority wanted trespassed from Skopabsh. The deputy gave the female a ride to a different address off of Skopabsh and served her a Trespass Letter to not to enter Skopabsh for a period of one year.

10/13/10 6:00 pm 10-239662 Cedar Village Burglary
The residents of a house were gone for about four hours and when they returned they discovered a black Dell laptop computer missing. It appears the suspect(s) gained entry into the house by using a trash can to clime onto the roof and then thru a bedroom window.

10/15/10 1:10 am 10-240814 Skopabsh Village Kidnapping
An adult male and an adult female had formerly been in a dating relationship and have one child together. Starting on the evening of 10/14/10 until the early morning hours of 10/15/10 the male held the female against her will using physical force for over three hours in his sister's house. Muckleshoot Police were notified via a third party. The male was captured trying to escape out of a bedroom window. The male was booked into the King County Jail for investigation of "Unlawful Imprisonment."

10/16/10 4:00 pm 10-242744 Skopabsh Village Vandalism
An adult female discovered that her Cadillac had been vandalized. The vehicle's windshield and rear window were smashed, large dents around the vehicle's body and the passenger side mirror had been broken off.

10/17/10 3:11 am 10-242516 41200 block 180 AV SE Assault
An intoxicated adult male, an intoxicated adult female and her two juvenile children and another juvenile where at a house when a black SUV pulled up. Five people got out of the SUV, three young adult males, one young adult female and one juvenile. One male and one female from the SUV assaulted the adult male, adult female and the two juvenile children at the house. The suspects left before police arrived. The adult male was charged with "Assault in the Fourth Degree" for assaulting the adult female. The female suspect needs to be further identified before charges are filed.

10/17/10 3:41 pm 10-242750 17500 block SE 411 ST/Courville Cemetery Fight Disturbance
A fight started between several "Native Gangster Bloods" (NGB's) and several "24th Street Crips" all male adults and being mostly young adults. A shot is believed to have been fired and a male may have been stabbed in the neck during the fight. All persons contacted would only give small amounts of information, were not very cooperative with the police, refused to be victim's or give statements. The incident is being investigated.

10/18/10 9:59 am 10-243271 41400 block 180 AV SE Recovered Stolen Vehicle
A deputy discovered a flatbed Ford truck stuck in the mud on the west side of the roadway. The truck had been reported stolen to the Auburn Police earlier in the day. There had been a 20' trailer attached to the truck when it was stolen, it was not with the truck when it was recovered. The truck was released to the agent of the owner.

10/21/10 1:14 pm 10-245922 Skopabsh Village Warrant Arrest
An adult male was arrested on a Department of Corrections (DOC) felony warrant for "Escape from Community Custody" on an original "Assault in the Second Degree" charge. At the request of a Muckleshoot Housing Authority staff member the male was trespassed from all Muckleshoot Tribal Housing. The male was booked into the Regional Justice Center jail on the warrant.

10/21/10 7:00 pm 10-245873 Davis Property Warrant Arrest
An adult male was arrested on a Department of Corrections (DOC) felony warrant for "Escape from Community Custody" on an original "Burglary" charge. The male was booked into the King County Jail on the warrant.

10/21/10 8:16 pm 10-246268 41400 block Auburn-Enumclaw RD SE Warrant Arrest
An adult male was arrested after a short foot pursuit and struggle on a Department of Corrections (DOC) warrant for "Escape from Community Custody." The male was booked into the King County Jail on the warrant.

10/22/10 4:52 pm 10-246918 2900 block Auburn Way S Child Neglect
A Muckleshoot deputy assisted Child Protective Services (CPS)/Indian Child Welfare (ICW) with the removal of a small child. The details are being kept confidential due to the nature of the case.

10/23/10 6:44 am 10-247402 Skopabsh Village Assault
An adult male was assaulted by four or five younger males. The victim said the suspects were Crip gang members. The victim went to a different location on the reservation before calling 911 for medical treatment. The male was treated at the scene by an aid crew and transported to the hospital by a private ambulance for treatment. The suspects were gone when the deputy checked the Skopabsh area for them. The suspects have not been identified at this time.

10/24/10 11:24 am 10-248232 14500 block SE 368 PL Stolen Vehicle Recovery
The owner of a stolen Acura found his car and called the Muckleshoot Police. All four after market wheels and tires were missing from the vehicle as while as the stereo, amplifier and speakers. There is suspect information in the case.

10/24/10 6:00 pm 10-248418 38900 block Auburn-Enumclaw RD SE Burglary
An adult female returned home from being gone overnight and discovered a kitchen window broken. The only items missing were the female's juvenile runaway child's clothing and suite case. The female suspects it was the runaway child who broke into the house.

10/26/10 6:30 am 10-249608 Davis Property Assault, DV
An adult male and an adult female live together and have a child in common. The male assaulted the female with three small children present. One of the children called 911. The male appeared to be under the influence of an unknown narcotic. The male was arrested and booked into the Regional Justice Center Jail for "Assault in the Fourth Degree DV."

10/26/10 10:15 am 10-249749 Muckleshoot Tribal School Assault
A juvenile student became irate and started throwing chairs and flipping tables when their cell phone was taken away by a teacher. A Dean responded and tried to calm the student down, the juvenile responded by pushing the Dean. The School Resource Officer (school deputy) arrived and calmed the student down. The deputy wrote an informational case documenting the incident.

10/26/10 8:49 pm 10-250183 Skopabsh Village Warrant Arrest
An adult female with a felony no bail warrant for a drug offense out of King County Superior Court was arrested at a house. The female was booked into the King County Jail on the warrant.

10/26/10 9:04 pm 10-250195 Skopabsh Village Warrant Arrest
An adult male with a misdemeanor warrant with a $1,000 bail for "Driving While License Suspended in the Third Degree" out of King County District Court was located at his house and arrested. The male was booked into the King County Jail on the warrant.

10/27/10 10:13 am 10-250544 Davis Property Trespass
An adult male who is a Level 2 Federally Registered Sex Offender was located in a Tribal Housing house. The male was trespassed from all Tribal Housing property for a period of one year at the request of a Housing Authority staff member.

10/27/10 2:13 pm 10-166252 38900 block Auburn-Enumclaw RD SE Juvenile Runaway
A juvenile runaway was located by an officer and returned to their home.

10/28/10 2:00 pm 10-251618 40400 Block Auburn-Enumclaw RD SE Assault/ Fight
A roadside assault/fight occurred involving several males, a handgun and a pipe. Two males went to the hospital for injuries. One of the adult males was seen with a handgun in his hand, it was not fired. This fight may have been gang related.

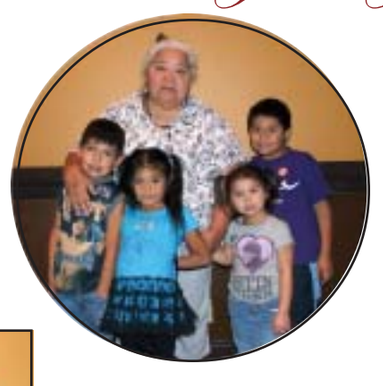
10/31/10 6:03 am 10-253977 Skopabsh Village Family Disturbance
An adult male and an adult female who live together and have a child in common got into a minor physical confrontation. No arrest was made and no charges were filed. The male was given a ride to his mother's house to give the couple time to calm down.

11/01/10 1:21 pm 10-254929 Muckleshoot Tribal School Vandalism
A juvenile student became agitated and kicked a hole in an exterior wall. The School Resource Officer (school deputy) witnessed the vandalism. A case report was written charging the student with vandalism.

11/01/10 5:45 pm 10-255094 37100 block Auburn-Enumclaw RD SE Warrant Arrest
An adult male was arrested in his house on a misdemeanor warrant from Auburn for "Failure to Appear" on two counts of "Assault in the Fourth Degree DV" with a $5,000 bail. The male was booked into the Auburn Jail on the warrant.

Traffic Stops
Twenty Two (22)

Skopabsh Royalty Banquet



Protect Yourself!
Your Family!
Your Community!
Get Your Flu Vaccination Today!!

- Seasonal Flu Vaccinations are now available for
- Eligible Tribal and Community Members
- while supplies are available at the Muckleshoot Medical Clinic
- No appointment! necessary!

- Walk in service for all seasonal Flu Vaccine Requests
- Shots available for 6 months of age and up

- Covers all seasonal flu viruses along with H1N1

Hours of Availability For Vaccinations

Monday 8am-12pm **&** 1pm-4:30pm
Tuesday 8am-12pm **&** 1pm-4:30pm
Wednesday 10am-12pm **&** 1pm-4:30pm
Thursday 8am-12pm **&** 1pm-4:30pm
Friday 8am-12pm **&** 1pm-4:30pm

Any questions contact 939-6648 and ask for Medical Receptionist

Having a problem with pain pills? Does your life revolve around pills?

If pills control you instead of you controlling the pills..... Suboxone (Sub-ox-own) referrals and treatment now available @ HWC!

Help for prescription pain medication dependence is now being offered through the Health and Wellness Center. Suboxone is also used in the treatment of other opiate-based or synthetic opiate drug dependence. These drugs include: Oxycodone/Oxycontin, Hydrocodone, Vicodin, Heroin, and Morphine.

SUBOXONE is the first opioid medication approved under Drug Addiction Treatment Act (DATA) 2000 for the treatment of opioid dependence in an office-based setting. The primary active ingredient in SUBOXONE is buprenorphine.

SUBOXONE at the appropriate dose can:

- Reduce illicit opioid use
- Help patients stay in treatment
- Suppress symptoms of withdrawal
- Decrease cravings for opioids

The Health and Wellness Center has a medical provider licensed to prescribe suboxone.

For more information please contact Behavioral Health at (253) 804-8752

Massage Therapy
30 min. appointments

*Two 30 minute massage appointments
Now Available Daily!!!

*Same day appointments often available!

*Great for stress relief

*All eligible members welcome

Muckleshoot Massage Therapy
Mon - Friday 8am - 5pm
Closed 12 - 1 daily for lunch
253-333-3620

"Your Suggestions Count"

The Muckleshoot Health & Wellness Center offers "suggestion boxes" where guests can fill out forms to share thoughts, comments or suggestions. The purpose of these forms is to help us improve the quality of services offered to the community. These forms are not "incident reports", but rather confidential and private opportunities to share your thoughts on what we are doing well or on ways we might improve.

The suggestion boxes are located in each reception area and the main lobby of the building. The feedback forms are located next to the boxes. The boxes are checked at least twice a month by the Facilities Secretary and then delivered directly and confidentially to the appropriate department manager. Suggestions are then discussed privately at Quality Improvement committee meetings.

If possible, please provide contact information on the suggestion form so the appropriate manager can contact you to address your particular suggestion or area of concern. Again, this would be a confidential and private conversation.

We want to hear from you. Please take a moment to stop by the Health & Wellness Center and fill out a suggestion form today. Your thoughts matter!

Thank you

DO YOU WANT TO QUIT SMOKING? ACUPUNCTURE CAN HELP!

Treatments for withdrawal from nicotine and smoking Are easy, quick and painless. Ear acupuncture sessions are only 20-30 minutes weekly for 4-6 sessions and:

- Reduce cravings for cigarettes
- Build your will power
- Improve your sleep
- Keep you calm and relaxed
- Focus your mind
- Reduce irritability and depression
- Keep your spirits up!
- Help control your appetite & food cravings (is gaining weight one of your concerns?)

You have nothing to lose by trying acupuncture. And you can add it to any other QUIT SMOKING program or plan you have chosen or your medical provider recommends. Everything can work better together to help you quit!

Interested in learning more? Call the Medical Clinic for an appointment or leave a message for Nancy and she will contact you on a Tuesday or Wednesday. **Muckleshoot Health & Wellness Center, (253) 939-6648.**

Women's Cancer Survivors Meeting

EVERY TUESDAY

6:30 to 7:30 PM

RIVER ROOM

Muckleshoot Health & Wellness Center
All women welcome.
For information call the Wellness Center
253-939-6648

Winter Wellness Wonderland
Muckleshoot Wellness Center
December 9th
5:30-7:00pm
Fun for the entire family will include:
• Building gingerbread houses
• Blow-up toy obstacle course
• Christmas crafts for all ages including ornaments and wreaths
• Inner-tube movie in the pool
• Pizza and drinks
• Visit from Santa himself!
*Wellness Center Members Only Please
For more information contact Jessica Neumann at 253-333-3616 or by email at Jessica.Neumann@muckleshoot-health.com

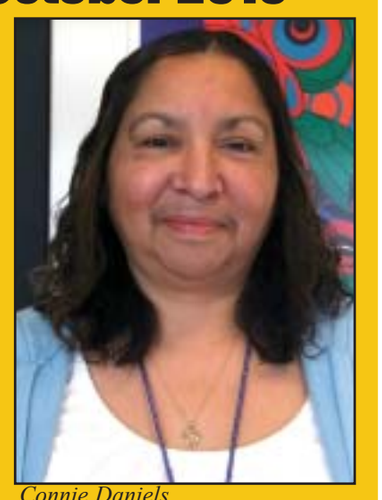
Love yourself to live
&
Live for what you love
Get Your Mammogram Today!
Bring us proof (when and where)
of your completed Mammogram
anytime between 1/1/10 and 12/31/10!
We will reward you with:
$25 Gift Card to Walmart
&
Comfy Pink Footies!!
Rules:
• You must be registered at the HWC clinic
• You must be a female over the age of 40
• Program is limited to the first 500 participants
• Program ends December 31, 2010
• Turn your proof into the HWC clinic receptionist
Schedule an appointment for your yearly check up with one of our fantastic providers (Michelle Shaw, MD or Jeanette DeCoteau, PAC) TODAY!
Call: 253-939-6648
Please contact with any questions
Jenna Ledesma @ 253-939-6648 ~ jenna.ledesma@muckleshoot-health.com

Red Ribbon Week Balloon Release

Red Ribbon Week is a tradition at the Muckleshoot Tribal School. All week long students participate in events — many of them hosted by a big dog named Paws — that focus on avoiding the pitfalls that young people face from the temptation to use drugs and alcohol. It is always one of the highlights of the school year.

PHOTOS BY JOHN LOFTUS

Connie Daniels is Employee of the Month for October 2010


Connie Daniels

Connie Daniels started her career in healthcare back in 1991, long before the Health and Wellness Center was built. She worked in CHS for eight years before pursuing other positions within the Tribe. In 2005 she returned to healthcare as a Registration Clerk. In 2010 she assumed the responsibilities and demands as the CHS Supervisor.

Connie is being recognized for her commitment, efforts and the positive contributions she's made to both the CHS and Registration services. She was instrumental in the many changes made to the CHS program in order to make things better for all patients.

Thank you Connie we appreciate you and your hard work!

Why did I received a denial in the mail from the Muckleshoot CHS Office for a medical bill?

There are several reasons why the CHS (Contract Health Service) Office would issue denials, below are the five main reasons:

1. You went to a scheduled non-emergent doctor's appointment without a PO number and the doctor's office billed the CHS office for the amount due by you.

2. You had an emergency room visit and did not call the CHS office for PO numbers within the 72 hour notification time frame. The hospital, emergency room doctor, x-ray department or ambulance sent the CHS office a bill for you.

3. You went to a doctor's appointment in town or had an emergency room visit and even though you called for a CHS PO number, you had primary private insurance coverage that requested information from you before they could pay their portion of the medical bill(s). They need to pay first.

4. You were referred by the CHS office to apply for an alternate resource to assist in your medical cost and you did not comply with the referral.

5. You went to a doctor's appointment in town for a medical problem when you could have been seen at the Tribal Medical/Dental Clinic.

Our CHS Program is funded by Indian Health Services (I.H.S) money and this requires that you follow specific notification requirements in order to be eligible for the CHS program. You must call or give notification to the CHS office before you receive any non-emergent medical services provided outside of the Tribal Programs and you must contact the CHS office of an emergency room visit within 72 hours (3 days) since the visit. The reason for these notification requirements is to determine if your request is within covered priorities, coordination of benefits with any other insurance you have, verify that you are CHS eligible and the most important reason, so that the CHS office can set aside the funds to pay for these services for you. Please be aware that the CHS staff did not make these rules, IHS did, and that the CHS staff is required to make sure that these rules are followed by everyone that is CHS eligible.

If the doctor's office/hospital sends the CHS office a bill for you, we are required to act on the bill by either paying for or denying the bill. When a CHS denial is issued, it is required to be sent by certified mail, the denial is sent to the address you have on file at the Clinic. The denial letter has instructions on how to appeal the denial, but this requires action on your part. So please make sure that we have current information available for you/your children. If you decide not acknowledge the CHS denial letter by not picking up the certified letter from the post office, the bill(s) will not go away. It is to your benefit to be aware of any unpaid bills you have, 99% of all unpaid bills will be turned over to a collection agency and this will show up on your personal credit history and could effect you ability to get a home, car, phone or any other kind of credit in the future. It will catch up to you sooner or later.

You need a PO number for each individual separate doctor, emergency room or medical service you receive, when you call for a PO, we set aside the funds to pay each doctor/bill you have. If you get a PO number for a doctor's appointment and the doctor wants additional tests and x-rays done or refers you someplace else, YOU NEED TO CALL THE CHS OFFICE AND GET ANOTHER PO NUMBER. You can personally choose to go to the doctor without a CHS PO number or not get PO's after an emergency room visit, then you have also decided to pay for the bills on you own.

If you have an alternate resource available to you, you are required to use this as your first source of payment for your medical costs. If you don't use this as your first source of payment, your CHS eligibility is denied. If the CHS office just paid medical bills without billing your insurance, or if you were eligible for other medical coverage and chose not to apply for the alternate resource, and we paid bills without following these rules, the CHS money would be all used up very, very quickly. It is our job to make sure we stretch your CHS money as far as it will go and help as many Tribal and community members as possible.

If there is a medical service that is available to you at the Tribal Health Programs, you are required to get the service there. CHS will not pay for something to be done outside, when the health area is already paying someone to perform the same service here.

Please keep in mind that this is just a brief description or explanation for some of the rules and regulations for I.H.S. that we have to follow. I hope that this information has been helpful in answering some of your questions on CHS office denials. If you have any questions, please give Connie Daniels or Maria May a call in the CHS office 253-939-6648.

If you are receiving notices about an unpaid bill medical bill and you had a PO, please bring the letters/notices into the CHS so that we can look into in for you..

CHS Team….

Health & Wellness Center Program Hours

		Pharmacy	Wellness Center
Monday	8-5 pm	8-6 pm	8am-8 pm
Tuesday	8-5 pm	8-6 pm	8am-8 pm
Wednesday	9-5 pm	9-6 pm	9am-8 pm
Thursday	8-5 pm	8-6 pm	8am-8 pm
Friday	8-5 pm	8-6 pm	8am-7 pm
Saturday	———————--		10 am-2 pm
Sunday	All Programs Closed		

Program Name	Phone No.	Closed-Lunch
Main Number to HWC	(253) 939-6648	12:00-1:00
Behavioral Health (Mental Health & Chemical Dep)	(253) 804-8752	Open
CHS/Registration Office	(253) 939-6648	12:00-1:00
Community Health/CHRs	(253) 939-6648	12:00-1:00
Dental Clinic	(253) 939-2131	12:00-1:00
Medical Clinic	(253) 939-6648	12:00-1:00
Optical Clinic	(253) 939-6648	12:00-1:00
Pharmacy	(253) 333-3618	Open
Recovery House	(253) 333-3629	Open
Wellness Center	(253) 333-3616	Open
WIC Thurs Only 8-4:30	(253) 939-6648	12:00-1:00

Health & Wellness Center Program Closures for Nov & Dec 2010

Day	Date	Times Closed	Reason for Closure
Fri.	11/26/10	*1-8	Tribal Holiday
		*Essential limited services provided: CHS, Pharmacy & Medical Walk-In Clinic 8-12 pm Dental Emergency Walk-In 8-10 am	
Thurs.	12/02/10	8-9:30	Monthly All Staff Meeting
Fri.	12/17/10	10-8 pm	Annual Staff Holiday Gathering
Thurs.	12/23/10	1-8 pm	Tribal Holiday-
Fri.	12/24/10	All Day	Christmas Holiday Observed
Sat.	12/25/10	10-2 pm	Wellness Center Closed
Thurs.	12/30/10	1-8 pm	Tribal Holiday –
Fri.	12/31/10	All Day	New Year's Holiday Observed

HEALTH & WELLNESS SHUTTLE BUS SERVICE

BUS TIME SCHEDULE — MONDAY – FRIDAY 12 – 4 p.m. & 5 – 8 p.m.

Stop #1 HEALTH & WELLNESS	Stop #2 SENIOR CENTER	Stop #3 VIRGINIA CROSS ED.	Stop #4 QFC	Stop #5 17TH ST SE	Stop #6 DAVIS PROPERTY	Stop #7 SKOPABSH VILLAGE	Stop #8 392ND ST OLD SMOKE SHOP	Stop #9 PENTE-COSTAL CHURCH
12:00 pm	12:03 pm	12:10 pm	12:17 pm	12:22 pm	12:34 pm	12:36 pm	12:41 pm	12:45 pm
1:00 pm	1:03 pm	1:10 pm	1:17 pm	1:22 pm	1:34 pm	1:36 pm	1:41 pm	1:45 pm
2:00 pm	2:03 pm	2:10 pm	2:17 pm	2:22 pm	2:34 pm	2:36 pm	2:41 pm	2:45 pm
3:00 pm	3:03 pm	3:10 pm	3:17 pm	3:22 pm	3:34 pm	3:36 pm	3:41 pm	3:45 pm
5:00 pm	5:03 pm	5:10 pm	5:17 pm	5:22 pm	5:34 pm	5:36 pm	5:41 pm	5:45 pm
6:00 pm	No Pick-up	6:10 pm	6:17 pm	6:22 pm	6:34 pm	6:36 pm	6:31 pm	6:45 pm
7:00 pm	No Pick-up	7:10 pm	7:17 pm	7:22 pm	7:34 pm	7:36 pm	7:31 pm	7:45 pm
8:00 pm	No Pick-up	8:10 pm	8:17 pm	8:22 pm	8:34 pm	8:36 pm	8:31 pm	8:45 pm

NOTE: SUBJECT TO CHANGE DURING ADVERSE WEATHER AND USCHEDULED SERVICE DISRUPTION

(PLEASE NOTE: THE BUS WILL PICK UP AND DROP OFF AT DESIGNATED STOPS ONLY)

RULES FOR ALL USERS

- Children 12 years old or younger must be accompanied by a person 16 years of age or above.
- No smoking
- No consumption of alcoholic beverages on the shuttle bus
- Move for seniors and people with disabilities
- Be considerate of others, no offensive language
- Don't take more than one seat
- Fireworks or flammable liquids are not allowed on the bus
- Roller skates, roller blades, or heelys are not allowed

The Optical Department at the HWC!

The eyeglass benefits are the same as they've always been. One comprehensive eye exam once every 12 months. New lenses once every 12 months. Adults eyeglass frames once every 2 years/children 2 per year.

If you are not eligible for the frame allowance, you will be allowed to purchase the frames at a very reasonable price. (Believe me there is a significant mark up when you buy frames in town/private practice!). No eyeglass benefits will be approved outside of the MHWC optical department. We are also offering contact lenses and necessary supplies for contacts.

The Optical Department is a Tribally-owned business. Patients must meet CHS eligibility requirements to get optical services. CHS eligible patients will need to obtain a PO from the CHS office before getting optical services.

For more information, please contact the CHS Office – (253) 939-6648. Optical Department open regular HWC business hours.

Notice to All CHS Eligible Patients

If you received a PO from the CHS office and now you are receiving a medical bill or statement, please bring them to the CHS office for review. This will ensure timely payment to your provider.

As always, you must obtain a PO # prior to your medical appointment and call us if you cancel or reschedule your appointment.

CHS Office Hours:
Monday – Friday, 8am – 5pm
Closed for Lunch 12pm – 1pm
Phone: 253-939-6648

NOTICE REGARDING CHILDREN'S GIFT CARDS

This is a notice to tribal members who have direct deposit that their children's gift cards will be distributed on the first two days of per capita in December. The last opportunity will be on the following week on Tuesday 12/14. This notice will be published every month until November.

Help in Quitting Smoking!

The Muckleshoot Health & Wellness Center uses and endorses the Washington State Quitline to assist in stopping smoking.

Call *1-800-QUITNOW* for *free* and effective help in quitting smoking.

Grief is painful and at times the pain seems unbearable, now is the time to seek support!

Grief and Loss Support Group

with Dr. Sarlak@ the Muckleshoot Health & Wellness Behavioral Health Program
Every Thursday 5:00 pm – 6:30pm

Open for everyone,
please call Muckleshoot BHP for further questions.

253-804-8752

BEHAVIOR HEALTH PROGRAM ANNOUNCEMENT:

The Behavioral Health reception window is now open throughout the lunch hour (12:00 to 1:00 pm) so that we will be better able to serve our clients and the community. Please feel free to stop by to schedule appointments and to drop off/pick up paperwork. If you have any questions, please call us at: (253) 804-8752

CONTRACT HEALTH SERVICE (CHS) NOTIFICATION REQUIREMENTS

CHS OFFICE (253) 939-6648

1. Notify CHS office before any non-emergent services are rendered to determine patient eligibility, medical priority and to set aside funds for payment. Pre –authorization is mandatory and failure to comply is reason for denial of payment for claim(s).
2. In true medical emergencies, notify the CHS office within seventy two (72) hours of start of services. Failure to comply is reason for denial of payment of claim(s).
3. Prior notification does not guarantee CHS cay pay for services, unless all other CHS requirements are met. There are some services CHS can not cover.

ALTERNATE RESOURCE REQUIREMENTS:

Muckleshoot CHS is a residual resource and not an entitlement program. In addition to CHS, other resources for health care are available from various state, and federal programs, as well as individual and group health insurance policies. By federal law, CHS must ensure that all resources, where and when applicable, are utilized before CHS can assume financial responsibility for your care.

This means that CHS will not be authorized if you are eligible or would be eligible upon making an application for an alternate resource such as: Medicare (over age 65 or disabled at any age), Medicaid (medical coupons), crippled children or have private insurance etc. Failure to comply with a CHS office referral to an alternate resource will terminate your CHS coverage. You are required to use these benefits as your first source of payment of your medical-related costs.

The CHS office is required, as per IHS Federal Rules and Regulations, which requires all CHS denials to patients be sent by certified mail to the address on file.

Notice:

In an effort to better serve you better, we are making some changes to the walk-in clinic and medication refill guidelines. These changes took affect ***Dec. 15th, 2008*** and include:

- **Walk-in Clinic at 1 pm M-F will be seen based on medical need—not on a first come, first serve basis.**
- **Patients presenting for walk-in will be checked on their Registration status. If necessary, you will need to update your application.**
- **The walk-in clinic will no longer be used for pain medication refills. Please see your provider for refills.**
- **Lost or stolen narcotics will no longer be refilled.**

Thank you in advance for your cooperation as we continue to look for ways to improve our services for you and your family.

AUTO-BURGLARY PREVENTION TIPS...

With Holiday shopping season rapidly approaching, the Muckleshoot Police Department would like to offer the following tips for a safe shopping trip. Don't let a "Scrooge" put a damper on your holidays by stealing the gifts you buy for your family and loved ones.

The first thing you can do to help: **Don't leave valuables in your car** – particularly not in plain sight! The last thing you need is to find your vehicle's window broken or items missing. That sounds like "common sense", but drivers/passengers do leave items of value in plain view every day. If you leave valuable items visible in your car, your car is automatically a target.

If you must leave valuable items in your car while out and about, place items out of sight before reaching your destination or move them inconspicuously. This includes packages, backpacks, gym bags, GPS units, MP3 players, and so forth. Someone may be watching when you put items under a seat or throw something over them. A thief is on the lookout for this, and can break into your car the minute you're out of sight.

If you can't take them with you, at least **lock** the items in your glove compartment or trunk. One reason SUVs and pickups are common auto-burglary targets is because they don't have a "trunk" to hold valuables — the driver/passenger generally just "hides" their valuables "out of sight". The thieves know this, and do check glove compartments, behind seats, and under seats. It only takes a few seconds to check all the "usual" hiding places.

If your trunk can be opened from inside your car without a key, **lock** this feature when you are not in your car**.**

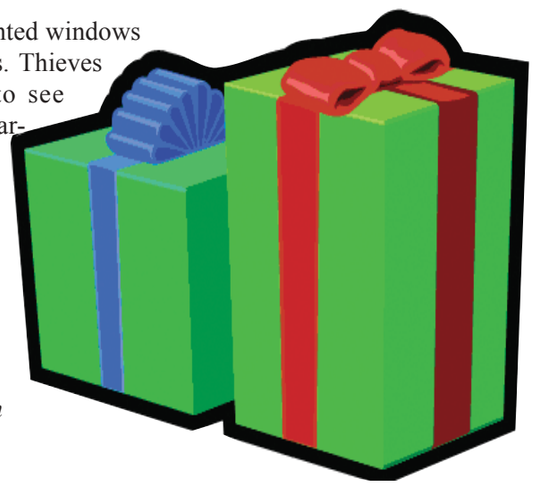
Leave no trace. Don't leave **any** "sign" that there might be valuables "out of sight" in your vehicle, such as docking stations or connector cables. Leave nothing in "plain sight" that might make your vehicle worth "investigating" by a thief; not even loose coins or a CD. Just leaving an empty docking station in plain sight, even if you've taken the high dollar component with you, may end up costing you hundreds of dollars to replace a broken window because the thief wanted to check your car for "hidden" valuables. Very few auto break-ins are "random" – the thieves see "something" in plain sight that's valuable, or hints of possible hidden valuables.

If you have an after-market stereo/CD-player with a removable faceplate, remove it. Without the faceplate, the unit is less attractive/useful to many thieves.

Try to park in busy, well-lighted areas. Try to park in well-traveled areas. Try to choose a well-lighted, visible, parking spot where there is lots of vehicular and pedestrian movement when possible.

Lock ALL your vehicle's doors even if you plan to be gone for only a brief time. We have items stolen from unlocked vehicles where the owner was only going to be gone "just for a second." It only takes seconds to steal your stuff! It's not at all uncommon for thieves to walk down a row of parked vehicles and check vehicle doors to see if they are unlocked. Don't leave **any** window open or even cracked open, including vent/wing windows and sunroofs.

Set any alarm or anti-theft device. If you have one, use it! Many people believe that car-alarms no longer make a difference, but they can be an effective deterrent to an auto-burglar, who most often chooses the **easiest** target. If they have two cars to choose from, one with an alarm and one without, they will likely burglarize the one without *(unless you've left out valuables just too good to ignore!*



Don't think your dark tinted windows will hide your valuables. Thieves often use flashlights to see through tint, and after-market tint is handy to keep all the broken glass in one "sheet" when they break out your window *(and toss the broken window into your back seat or passenger seat to hide the evidence of the break-in from passers by)*.

What Items are Most Commonly Stolen from Vehicles?

- Backpacks, gym bags, briefcases, day-planners
- Cash/coins, checkbooks and credit/debit cards
- Wallets and purses *(even when hidden under a seat or in an unlocked glove compartment)*
- Laptop computers, iPods and MP3 players, *(and docking stations)*
- Cell phones *(and chargers)*
- Portable GPS navigation systems
- Stereo/CD players *(and faceplates)*, amps, speakers *(even when bolted down!)*
- Jewelry, keys, mail *(identity theft)*, tools
- Anything of obvious value

Mark your valuables! Recording serial numbers is great, but nowadays many serial numbers are on removable "labels," rather than "engraved" into valuable items. Also, a serial number doesn't "directly" link you to your stolen property. We'd suggest inscribing/engraving a "personal identifier" on all valuables.

What to do if something is stolen out of your car: As soon as you notice something's stolen *(or that your car has been broken into)* do not touch/adjust anything in, on, or around the car. As soon as possible, call 911 to report the incident.

Report Suspicious activity

"Suspicious Activity" would include:

- Persons walking up and down aisles of parking lots looking into cars or trying door handles, vehicles cruising parking lots at very slow speeds for extended periods while observing parked cars;
- Persons making any kind of mark or placing anything ON parked vehicles,
- Persons sitting in running parked cars for protracted periods, and vehicles dropping one person off while continuing to cruise the same area.

Once home, unload your valuables immediately. Do not store valuables in your car any longer than necessary, and certainly never overnight.

Arnold Thomas Inspires Our Youth

PHOTO BY JOHN LOFTUS

Tribal Council Chair Virginia Cross and Council member Kerri Marquez with Arnold Thomas

Arnold Thomas, who has inspired countless youth on his travels throughout Native America, was a recent visitor in our area, where he spoke at the Muckleshoot Tribal School, Auburn High School, Virginia Cross Native Education Center, Olympic Middles School and the Muckleshoot Job Corps.

Arnold, who has visited Muckleshoot several times over the years, is a member of the Shoshone-Paiute Tribes of the Duck Valley Indian Reservation of Idaho and Nevada.

A gifted high school athlete, he was recognized as one of Nevada s elite football and basketball player and was actively recruited by a number of colleges. His dream of becoming a professional athlete seemed well within reach.

But this would not come to be. In the spring of his sophomore year, Arnold's father committed suicide. His death had a great impact on him and his family.

"I lost all harmony and balance," Arnold remembers. "My life was thrown into a tail spin. I was out of control. I tried to drown my grief and sorrow in alcohol and drugs."

His tailspin reached bottom one warm summer night soon after he turned 18, when the promising young athlete stuck a hunting rifle under his chin and pulled the trigger, devastating his face and leaving him completely blind.

The road back was a long one, but it was filled with learning. He would not be unable to speak for several years, and he went through many surgeries to reconstruct his face.

"With the steadfast support of my hometown community, my family and my friends – along with my own renewed will to live – I survived this challenging period of my life and slowly began to put the shattered pieces back together," Arnold says.

He has since gone on to many achievements, including earning a Master's Degree in Social Work, coaching baseball and becoming a traditional dancer. But his most important mission has been in spreading his message to youth that life is good, and that their future can be anything they want it to be. We thank our friend for his visit and the words he shared.

Carol Wickham - AM Headstart Muckleshoot Tribal School 1992 - 1993
FRONT ROW: L to R: Kathleen Eyle, Kristina Andy, Helen White Eagle, Richard Leonard, Jason Cross, Emma Garcia, Anita Mitchell, Denise Moses, Maritiza Munoz, Liberto Marteniz, Sarah Wilson, Venecia Elkins. ROW 2: Carol Wickham, Joshua Cross, Ashley White Eagle, Tyson Simmons, Leon Brown, John L. Brown, Jennifer Richardson, Jay Barr, Brad Elkins, Darren Red Thunder, Kathy Crombie, Melanie Kletman.

Carol Wickham - PM Headstart Muckleshoot Tribal School 1992 - 1993
FRONT ROW: L to R: Mellanie Kletman, Jamie Baker, Harold Moses, Johnathan Moses, Maggie Moses, Sherman Dominick, Shawny Starr, Melody Sykes, Nichole Starr, Chayne Buchanan, Kathy Crombie. ROW 2: Stephen Vaeth, Tonya Nelson, Luke Moses, Teresa Allen, Bradley Courville, Howard Moses, Wesley Exum, Gerri Williams, Margaret Paul, Lawrence Faulks, Earl Moses, Randi Daniels, Carol Wickham.

These Head Start class photos were printed last month as part of the grand opening photo layout for the new Early Childhood Education Center. They are being reprinted this month, a bit larger, so you can get a better look at these little ones.

PHOTOS SUBMITTED BY

Marena Cross

Baby Shower for the Expected New Parents: Corey & Ipo, October 2010

Carlos' Birthday, October 2010

Valarie & Larry Horsman & Rosa Lozier, April 2010

Rosa Lozier & Natasha Lozier, May 2008

Rosa at the Fair, September 2010

Rosa, Tony, Carlos & Natasha, October 2010

Casino Honors its 15-Year Employees

PHOTOS BY GARY KISSEL

15-yr. Employees

Sharon LaClair
Clarice Williams
Ronette Brown
Todd LaClair
Helene Williams
Naomi Elkins
Leon Oliver
Sheryl Allen
Charles Gordon
Fredrick Lane Jr.
Eric Durban
Linda Freed
Gerald Cross
George Caldwell
John Ponce
Kim Chau
Samuel Deleon
Charlie Ek
James Foster
Curtis Greenman
Carlo Hunt
Ronald Hunter
John Johnson
Randy Jorgensen
Raymon Kravagna
Vernon Mathews
Bernard Monczewski
Khon Orm
Dean Price
Anthony Rogers
Cheryl Rose
Tracy Shrum
David Street
Jane Talerico
Chi Thai
Lucille Tonasket
Mary Trepus
Steven Wright
Susanna Bradbury
Bridget Beyke
Mary Gregory
Robert Eberly
Richard Murphy
Anthony Distefano
Myung Kim
Kathryn Petersen
Steven Baer
William Gelak
Stephen Duncan
Jianming Kuang
Anastacio Suarez
Colleen Mustoe
Debbie Sperry
Heather Wilson
Colleen Ford
Rhonda McDaniel
Suk Mun
Stephen Harwood
Melanie Divis
Yuebo Chen
Julian Mandapat
Sheila Monczewski
Gregory Dziuk
Carmen Helms
Vu Huynh
Doug Nguyen
Taase Nouata
Annie Sam
Andrzej Skrzydlowski
Patti Wells
Robert Williams
Nga Yin
Muluberhan Gosho
B Jeanne Gemmell
Louis Abellana
Deborah McKechnie
Rogelio Ramirez
Gilberto Almanza
Jian Wen
Theresa Thompson
Rebecca Faulconer
Scott Holbrook
Rosie Smith
Jerome Feltman
Charlotte Jackson
David Purcell
Doreen Williams
Thomas Adams
Sue Davis
Tony Heredia Jr
Lois Castillo

Muckleshoot Elders Newsletter
November 2010

Happy Birthday

Norma Dominick	11/01	Antonio Perez	11/14
Lloyd Barr	11/01	Anita Burnes	11/16
William Garfield	11/03	Roger Jerry	11/16
Irene Kai	11/04	Florence Nelson	11/19
Stacy Marquard	11/04	Joe Chaves	11/19
Brenda Hamilton	11/05	Virginia Nelson	11/19
Phillip Hamilton	11/05	Tyronne Simmons	11/22
Sandra Ross	11/06	John Stevenson	11/23
Vera Jansen	11/06	Dee Gulla	11/23
Myrna Nelson	11/06	Effie Keeline-Tull	11/26
Georgiana Smith	11/07	Millie White	11/26
Katherine Arquette	11/07	Ralph Elkins Jr.	11/26
Frank Jerry Sr.	11/10	Joe Williams	11/28
Brinnon Aasted	11/11	Benedict Williams	11/28
Judy Wayne	11/12		

What is the TITLE iv GRANT?

Many of our Seniors & Elders have been asked to fill out a four page, pink and white survey packed full of very personal questions. Thankfully, the survey is anonymous. The Title IV Grant is federal funding that the Senior Center applies for every 3 years. Approximately 30% of the Senior Center budget comes from the Title IV Grant. Wages for the Senior Center Staff, funding for hot meals and home delivery, food vouchers and many other things come from Title IV.

We thank you for taking time out of your day and participating in the Survey!!! We really appreciate it!!!

Senior center Holiday closures

The Senior Center will be closed on the following days:

- **Thanksgiving**
  Thursday, November 25th
  all day
- **Tribal Holiday**
  Friday, November 26th
  all day

Designated Hunter for Elders

Do you need a designated hunter for the 2010/11 hunting season?

1 Elk tag and 2 Deer tags are free for both Muckleshoot Seniors and Elders.

Noreen Milne, 253 876-3023, is assisting our Seniors and Elders fill out the necessary paperwork and matching them up with Designated Hunters.

Your will need to let your hunter know which local butcher shop you would like the meat to be processed at. Also, you will need to let the butcher shop know how you would like your meat cut (roast, ground up, breakfast sausage, steaks, bones for making soup, etc.) You must be able to buy your meat in a timely manner. There are fines involved if the meat does not get picked up.

Seahawk Ticket Raffle

Come on in and sign up for the Seahawk Ticket Raffle!!!

Drawings held at the Senior Center on the Friday before a home game.

Be sure to write your **phone number** next to your name. Each Senior/Elder is eligible to win **one pair** of tickets for the 2010-2011 Season.
Home games are on:

· 11-07-10 vs. N.Y. Giants
· 11-28-10 vs. Kansas City
· 12-05-10 vs. Carolina
· 12-19-10 vs. Atlanta
· 01-02-11 vs. St. Louis

Elders Thanksgiving Lunch & Christmas Lunch

This year, the Senior Center will host the **Elders Thanksgiving Lunch** on **Wednesday, November 10th at the Senior Center**. The meal starts around Noon. Joey, Robin and the kitchen staff will be serving a traditional turkey meal, with all of the fixings.

Thursday, December 30th is the date of the Elders Christmas Luncheon. The Luncheon will be held at Emerald Downs. The time will be announced in the December Newsletter.

- Elders Thanksgiving Lunch
  Wednesday, November 10th
  at Noon

- Elders Christmas Luncheon
  Thursday, December 30th
  time to be announced

Feel free to give us a call . . .

If you will be out and about and not home for Lunch Run, give a call so we do not attempt delivery.

If you would like a ride to the grocery store, out to pay bills, get a haircut, thrift store shopping, go by the Resource Center/Food Bank, give us a call the day before so we can put you on the schedule and transport you.

· Wendy 253 876-3259
· Noreen 253 876-3023
· LeOta 253 876-3255

Senior Scenes

Muckleshoot Mom Follows Her Passion, Lives Her Dream

continued from page 1

of dolphins for 40 years. This is his life's work, and it has now become part of mine.

So there I was in the frigid waters of the Pacific Ocean surrounded by chaos. It really hit home when I put my head under the surface of the water and heard the eerie cries of the dolphins as they were driven by boat propellers and forced into the hidden cove to be stabbed to death with spears just a few feet away. It was shockingly loud. It was as if there were speakers in the ocean, and all I could hear underwater was the haunting voices of the dolphins. The sound was incredible – beautiful, yet terrifying and painful to hear. I just don't think words can explain it.

It was a whole different language I was hearing, taught by one generation to the next. Dolphins communicate with one another through a variety of clicks, whistles and screeches, all with their own distinctive sound and dialect. During my research of dolphins, I found out that they have strong family bonds, with pods often represented by a span of four generations. They are friendly, trusting, curious, sentient self-aware beings.

In 2009, a group consensus of researchers concluded that dolphins are second in intelligence to humans, and suggested that their status be elevated to that of "non-human persons." The panic that I could see in their eyes was truly similar to looks of panic I have seen throughout my life in another warm-blooded mammal species – humans.

So, after seeing the movie, we knew we had to do something to help save the oceans. My husband, David Blanchard, and I have always been adventurous and worldly, and helping out those who are less fortunate has always been important to us. We bring toys, clothes, candy, and school supplies to poverty-stricken countries that we have visited, at times in a capacity as relief workers during national disasters and other states of emergency.

Many people in America are poor, but it is not even in the same league as what we have seen in our travels. In the past five years alone, we have been to Argentina, Australia, Brazil, Canada, Costa Rica, Guatemala, Jamaica, Mexico, Peru, and Vanuatu, and we have spent time living with indigenous tribes of the Amazon Jungle.

After helping to organize a Save Japan Dolphins rally in downtown Seattle last month and announcing our intention to go to Taiji, we were invited to and recently attended an event with Ric O'Barry in Berkeley, California, and then a major star-studded red-carpet event in an exclusive mansion in Hollywood to kick off the next season of *Whale Wars* called *Operation No Compromise.*

This garnered a lot of news coverage because, in addition to all the actors, musicians, and celebrities there, movie star Michelle Rodriquez from *Avatar* and *Lost* announced that she has joined the cause and will depart with the ship *Steve Irwin* for the three-month battle in Antarctica. In an interview, she said "I can't sit back and not do anything knowing how wrong it is, not to care about tomorrow." The oceans belong to everyone, not just a greedy few.

So, how did I, Luana Nelson-Davis, end up in the middle of an international incident? Well, we were told that the bottlenose dolphins not taken into captivity for a life of slavery, would be set free. They lied. Once David realized they were going to kill them, he got very angry, along with my two-year-old, Mauricio Stukayu, who kept yelling, "Bad guys hurt dolphins. We have to save them!" (His favorite cartoon is Diego the Animal Rescuer). Even a little kid knows this is wrong.

So, while David was yelling at them to stop, a Canadian woman decided to swim with them. It is, after all, a public beach in a National Park. The police told her that if she went in the water, the dolphin killers would get angry and attack her, and that would cause problems, and she would be arrested.

When David asked the police why she would be arrested, instead of the dolphin killers for assault, they told him, "No comment."

When he told them that did not make any sense and was not the law, they told him to "Shut up and go away." They don't even try to hide their bias. So when she then attempted to enter the water, over 10 law enforcement officers ran down, formed a human wall to block her, and then physically assaulted her.

For me, that was the final straw. Seeing these men threatening, grabbing, and pushing a young lady down on the ground for legally entering a designated swimming beach, while ignoring the crimes being perpetrated by these guys who were in the process of slaughtering an entire tribe of dolphins, including pregnant mothers and small babies, was more than I could take. I felt I had to do something, so I ran and jumped into the ocean with all of my clothes on and swam to the dolphins.

Everybody freaked out! It was crazy.

So, as I finally decided to exit the water, I was swarmed by police and reporters, had my passport confiscated, and was told I was under arrest for "interfering with commerce" and could face 2-3 years in prison. At that point, my babies started crying, and I said that my one-year-old baby, Marcelo Alesek, would need to come with me to jail because he is breastfeeding.

At this point, TV news crews were everywhere, and the Sea Shepherd's Director of Criminal Investigations, Scott West, arrived and told me to not talk to them anymore, and that we would request to speak to the U.S. Embassy at once. After an hour or so, I ended up with a stern warning not to make any more trouble.

As Paul Watson reported on Facebook, "They tried to arrest one Cove Guardian for going into the water, but would've had to take her year-old nursing baby into jail, and that presented a PR nightmare for the police. The brave lady just arrived in Taiji with her husband. She is a Muckleshoot Indian from Washington State."

Later than night, we got a personal message from him saying "Thank you David and Luana. I wish I was there with you all. You're all doing an incredible job." The next day Scott West said I was a true hero, and that people all over the world were talking about what had transpired. Ric O'Barry complimented us and asked us to write a blog for his website.

Japanese media interviewed us several times, reporters from different countries called us for our story, and a picture of me was on the front page of the Sea Shepherd website, along with a press release about it. We told them this is a crime against nature. We said Native American tribes that hunted bison or whales for sustenance, had to change their ways but maintained their historical culture, and that they still celebrate the songs and dances of their ancestors, except without the continued killing of endangered species, or the slaughter of the whole herd.

It was depressing watching the daily occurrence of entire families of dolphins and whales being driven into the Cove and slaughtered before our weary eyes. When this happens, the sea literally turns red with blood. Just a few hundred feet away, they have a hotel where you can swim with dolphins, an aquarium where you can eat dolphin meat while watching a dolphin show, and tourist boats shaped like dolphins that take you by the Cove to go dolphin watching.

The whole place is utterly bizarre, covered with sculptures and paintings of happy dolphins. While there, we created a rock dolphin on the beach with our kids. After we left, they destroyed it, but we will continue to document this massive theft of intelligent life every day with pictures, videos, and blogs. We will never surrender this war to save the dolphins.

If you want more information on this struggle, it is readily available online, and we would be glad to help out, also. Thanks for reading.

More info on The Cove dolphins can be found at:
http://www.thecovemovie.com/
http://en.wikipedia.org/wiki/The_Cove_(film)

Mauricio at the Save Japan Dolphins Rally

Luana about to take a swim in the Coral Sea

Luana with the Yakel Tribe Chief. He was 110 years old

Luana's 1st vist to The Cove

David and Luana getting interviewed by Japanese media

Luana helping to hand out school supplies in Jamaica after the State of Emergency

Lorene, Luana's sister, at a dolphin rally at Japanese Embassy in Seattle

Luana and David in Rio de Janeiro, Brazil

Luana, still wet from her daring swim in The Cove

Michelle Rodriquez with Luana in Hollywood

Luana with an endangered baby Leatherback Sea Turtle

Luana horseback riding in Jamaica

With a Koala bear in Australia

Luana in the hut with Mauricio doing a ceremony with the Latun Tribe

Dead gutted dolphins on barge while the killers take a break and eat their lunch

Luana, Marcelo, and Mauricio with a walkie talkie

Muckleshoot Indian Casino's 4th Annual CAT Accomplishment Ceremony

By Sarah Wilson

The Fourth Annual CAT (Career Advancement Training) Accomplishment Ceremony for 2010 that was held in Muckleshoot Indian Casino's Chinook/Coho Banquet room on Thursday, October 21, was an event filled with pride and honor for the Muckleshoot Tribal Members who are furthering their careers at MIC. The CAT Program is an accelerated career development program for Muckleshoot Tribal Members.

The event commenced with a prayer and blessing by Lisa Starr, "a member of the Muckleshoot 1910 Shaker Church and a true believer of God." Lisa was followed by the Muckleshoot Canoe Family with an enjoyable performance filled with cultural songs and dances, which included tribal youth. MIC General Manager Darryl Blackburn then welcomed everyone to the event, he was followed by Billy Frank Jr., Chairman of the Northwest Indian Fisheries Commission, who spoke about the history of learning for tribal people and acknowledged how he is pleased with efforts like Muckleshoot Casino's CAT Program. The next speaker was Muckleshoot's Tribal Council Chairwoman, Virginia Cross. She expressed how it has always been Council's vision to have a CAT Program at MIC that gets Muckleshoot Tribal Members into leadership roles at MIC.

Monica Simmons, T&OD CAT Program Manager and the CAT Advisory Group, (which consists of top CAT Participants and MIC executives) were recognized for how they have brought the CAT Program to the next level by building the Program into what it is today. They have created the CAT guidelines, subsequent additions, and individualized Learning Plans that clarify expectations and build accountability in to the CAT Program. This greatly assists in providing structure to building a path for each CAT Participant to become an effective leader.

After Monica, CAT Participants who moved onto their next portion within their position in the CAT Program were praised and awarded certificates for their efforts. These were Steven Cayou F&B Restaurant Supervisor, Amanda Eyle Beverage Supervisor, Yvonne Johnson Beverage Manager, Johnelle Ramirez Executive Chef, and Brandon Eyle Marketing Director. Brandon spoke to the audience about his progression in not only his learning in Marketing, but in learning skill sets that he is able to apply to his life in general. Brandon expressed gratitude to the CAT Participants for making a difference at MIC and the management at MIC for working with the CAT Program. Brandon also stated how he is honored to be a part of the CAT Program, its future vision, and to be able to help fulfill the long term mission of the CAT Program.

The Next CAT Participants were those who have moved onto the next position in their career with a promotion. These were, Madeline Bargala to Cage Shift Manager, Nellie Brown to Cage Shift Manager, Lawrence Foulkes to IT Tech II, Justin Johnson to IT Tech III, Gregg Judge to IT Tech III, Irvin Moore to Table Games Dual Rate Pit/Assistant Shift Manager, Sarah Wilson to T&OD Specialist, Adrian Markantonatos to Table Games Shift Manager, Gerri Williams to VGD Manager (and for Earning her Associates in Arts Degree) and Gilbert Adame to Facilities Supervisor. Gilbert spoke to the crowd about how he came from a tough background without having opportunities to develop and how after coming to MIC and joining the CAT Program, he has significantly benefited. He also expressed his appreciation for being a part of the program. The next speaker was Sarah Wilson Specialist for the CAT Program, who read her article that was in the Muckleshoot Monthly about the pivotal team building CAT LEAD event softball game at Cheney Stadium. She invited the losing team the "Old Guys", executive group, to come to the stage and to accept their coveted loser awards from the CAT Participants winning team, team "GraveDiggaz" and to take pictures with their Loser Awards.

Thanks to everyone who attended this special event and for supporting the CAT Program and a special thank you to the CAT Participants for your hard work and dedication.

Old Guys

Gilbert Adame

Billy Frank and John Elliott

Johnelle Ramirez receives her award

Eric Durban and Wayne Shadd

Darryl Blackburn and Sandra Starr

Sarah Wilson

Yvonne Johnson

CAT Accom '10 Cake

Virginia Cross

CAT Participants

Brandon Eyle and Sarah Wilson

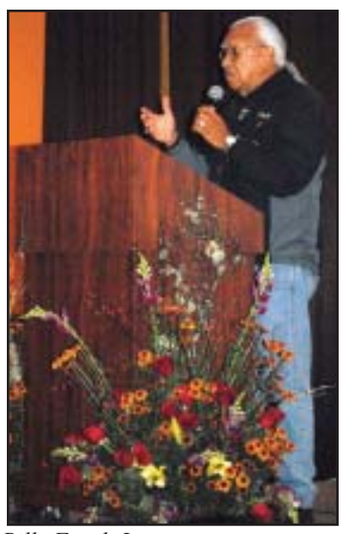
Gerri Williams and grandaughter Paige

Adrian Markantonatoss

Brandon Eyle

Lawrence Foulkes

Gregg Judge



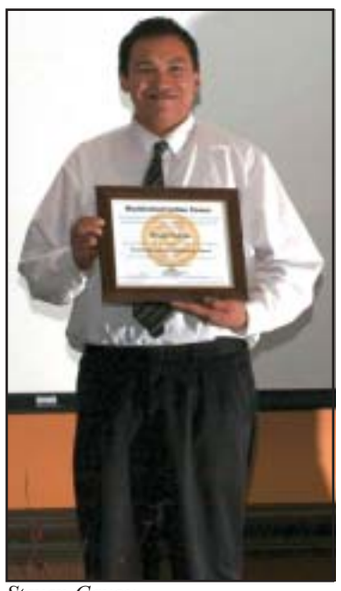
Billy Frank Jr.

Nellie Brown

Irvin Moore

Nick Bennett

Loser trophy



Steven Cayou

Brandon Eyle, Amanda Eyle, Jonathan Herda, Wassie Eyle

Monica Simmons

Muckleshoot Hosts "Get Out the Vote" Dinner

Photos by Gary Kissel

In the days before this year's General Election, the MIT Public Affairs Department, on behalf of the Tribal Council, organized a community "Get Out the Vote" dinner at the casino. The dinner was very well attended by both community members and political candidates. Elected officials and candidates in attendance included State Senators Claudia Kauffman and Pam Roach, State Rep. Pat Sullivan and Congressional hopeful Suzan DelBene, among others.

Bucs-Lah Still on the Hunt

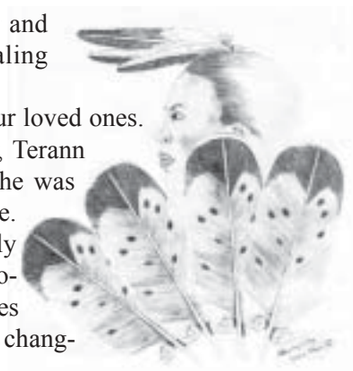
After my Dad, Pete Jerry, Bucs-Lah, had his second stroke, he didn't know if he'd ever make it up into the mountains to hunt again. So it meant a lot to me to be able to take him up to hunt elk and deer this fall in the watersheds. As you can see from the pictures, we didn't go home empty-handed. It was a special family time for all of us, and I'm so happy that my son Mike Jr. was able to hunt with his Grandpa.

I'd especially like to thank the hunters for voting to give my Dad a deer permit. It was done in recognition of his role as co-founder and first Chairman of the Muckleshoot Hunting Committee, which is something he is very proud of. I just wanted to share these pictures with the community and wish you all the happiest of holidays...

Sincerely,

Mike Jerry Sr.

Feathered Healing Circle



Hello everyone, it's Cynthia Lozier and Franklin Ross with The Feathered Healing Circle.

Wow, we have been losing a lot of our loved ones. One of the most recent was my nephew, Terann Hoptowit. He lived to party ever since he was grown. But even he was trying to change. Over the last couple of months I actually saw him a few times and didn't smell alcohol reeking from him. He was clean, clothes clean and had manners. I saw many things changing with him for the positive.

Some said he didn't have a chance from the very beginning. My sister Vivian Hoptowit was killed by her pimp in Seattle by him pouring gas on her and lighting her up. Her pimp was found a few months later dead.

We think that we have a hard life; then, when we take time to listen to others, we find our life isn't really all that bad. Matter of fact, in comparison our life is really quite well.

People hate God for taking their loved ones but you have to remember God didn't do this. The Devil comes to seek, kill and destroy. God restores us. God does not hurt us. Jesus never once turned someone away who had asked him to heal them.

I want to be like the gentleman who knew he couldn't get to see Jesus, so he climbed the tree just to get a glimpse. Jesus said, "Come down, I want to dine at your place tonight." It is always better to think outside the box.

If you have faith, it will happen. Throughout my life, God has been there. I just had to be quiet enough to hear him.

Hear the small voice of God trying to have a relationship with you.

As usual, meetings are at 5pm Philip Starr Bldg.

Shalom, Shalom take care until next time...

Cynthia and Franklin

My Heartfelt Thanks

I wish to express my heartfelt thanks to all that called and stopped by – all the hugs and prayers for me after losing my "sister," Josephine Louise "Dominick" Gabel. She is and always will be with me with all the beautiful and crazy memories we shared.

A special thanks to Fawn for all her thoughtful things she's done for me and my family.
Thank you to the tribe, also.

Sincere thanks,
Norma R Dominick
Wil and Roy Murphy
Monica M Williams & Girls

MUCKLESHOOT CERT COMMUNITY EMERGENCY RESPONSE TEAM

ATTENTION MUCKLESHOOT COMMUNITY MEMBERS!

Emergencies can strike suddenly at any time, anywhere. ARE YOU READY? Being prepared can reduce fear, anxiety, and losses that accompany disasters.

Communities, families, and individuals should know what to do in the event of earthquake, lahars, power outages and where to seek shelter. Here are three easy steps you can take to help prepare your family.

- **Make a plan**
- **Get a kit**
- **Be informed**

It is very important that you are able to survive for 3 days on your own. Make sure you have enough supplies to last everyone in your household for at least 3 days.

- **Water** – Have at least one gallon per person per day.
- **Food** – Pack nonperishable, high-protein items, including energy bars, ready-to-eat canned food and food you enjoy.
- **Flashlight** – Include extra batteries
- **First-aid-kit**
- **Medications** – Prescription and non prescription
- **Battery-operated radio** – Include extra batteries
- **Tools** – Wrench, manual can opener, screwdriver, hammer, pliers, knife, duct tape, plastic sheeting and garbage bags.
- **Clothing** – Provide a change of clothes for everyone, including hats, sturdy shoes and gloves.
- **Important Documents** – Keep at least copies of these in a fireproof container or a safe deposit box with a key you always carry.
- **Sanitary supplies** – Toilet paper, feminine supplies, disinfecting bleach.
- **Cash and Coins** – If the power is out there will be no cash machines.

Any questions please feel free to call Emergency Preparedness Coordinator Shanon L. Hamilton at 253-876-3247.

LANDOWNERS

Established by the American Indian Trust Fund Management Reform Act of 1994 (Public Law 103-412), the Office of the Special Trustee for American Indians (OST) was created to improve the accountability and management of Indian funds held in trust by the federal government. As trustee, the Department of the Interior (DOI) has the primary fiduciary responsibility to manage tribal trust funds and Individual Indian Money (IIM) accounts, as well as resources that generate income for those accounts.

OST has an updated list of people they do not have contact information on which is referred to the "Whereabouts unknown" (WAU). If you are on this list or know someone on it you can come by the Muckleshoot Realty Department and see Norma Corwin and you can update your information there. Bring your ID's please we will need a copy.

Adame	Melissa
Allen	Jared
Arms	Julius
Atkins	Kimberly M
Baker	Robert
Bargala	Madeline C.
Bargala	Ona
Bargala	Sunshine D
Belleck	Jillian
Bill-Gerrish	Andrew
Bill-Gerrish	Elise
Broady	Janel
Broady III	John
Brown	Chester
Courville	Bradley P
Courville	Delwin
Daniels III	Leo
Daniels	Robert
Davis	Brian
Dukowitz	Robyn Michelle
Elkins	Andrew
Elkins	Bridget
Gaiser	Fredrick M
Gonzales	Floyd
Gonzales	Steven
Green	Anastatia V
Hansen	Jimi L
Hansen	Loren R
Harnden	Rhonda
Harris Jr.	Dennis Jack
Jansen	Clayton
Jansen	Charles
Jansen	Nancy (Jerry)
John Jr.	Walter
Kahama	Carla
Kahama	Nelson P
Keeline	Scott
Lopez	Miralee M (Moses)
Lozier	Monte
Markley	Danny Ray (White Eagle)
McCluskey	Marguerite
McCluskey	Paul C
Molina	Eustacio J
Misner	Jeanette D
Monroe-Ponce	Kate Moses
Moses	Anna
Moses	Bert A
Moses	Daniel M
Moses	Leonard J
Pacheco	Ralph
Rincon	Carrie
Sagatu	Shannon
Schultz	Cathlene
Simmons	Elsie
Simmons	James
Sloppy	Laurie M
Starr	Louis-Moke?
Starr	Jacqueline
Stewart	Patty
Sykes	Melody C
Udelhoven	Karen
Valles	Monte M
Ward	Kathryn K
White	Carmen
White Eagle	Ben
White Eagle	Bud
Williams	Leeland
Williams	Michelle Dora
Williams	Raetta Blanche
Williams	Raymond
Youckton	Brenda
Youckton-Boyd	Angelena J
Youngman	Alexandria M
Youngman	Jennifer
Youngman	Julia

Seattle University School of Law

Center for Indian Law & Policy

Why is Will Writing and Estate Planning Important for Trust Landowners?

If you die without a Will, it is called dying "intestate" which allows federal laws to determine:

Who receives your property, and What amount they will receive and Whether your trust property may be subject to a forced sale at probate.

Under a federal law, the American Indian Probate Reform Act, your trust property will be divided into the following two categories:

A. Trust land interests 5% or more will go to:
1. Your legal spouse in a life estate without regard to waste;
2. The remainder to all eligible children equally;
3. If none, then to eligible grandchildren;
4. If none, then to parents.;
5. If none, then to siblings;
6. If none, then to tribe with jurisdiction;
7. If none, to the federal government.

B. Trust land interests less than 5% will go to:
1. Your legal spouse in a life estate, but only if the spouse lives on that parcel at the time of your passing;
2. The remainder goes to the oldest living eligible child (Single Heir Rule);
3. If none, then to the oldest living eligible grandchild or great grandchild;
4. If none, then to tribe with jurisdiction;
5. If none, to the federal government;

You Need a Will If...
- You are over 18.
- You are an elder who received a home through the Muckleshoot Veterans, Elders, or Disabled home program.
- You have, or may acquire, trust land, non-trust land, or personal property.
- You have children or step-children under 18.
- You want to leave property to someone who is **not** in your immediate, blood family.
- You want to leave income from an interest to a non-Indian spouse.
- You want to stop further fractionation of your land.

A Will Allows You To...
- Choose the friends and family members you want to receive your trust property and personal property (Beneficiaries).
- Leave your trust property in trust status to any of your children or their children (lineal descendents) whether or not they are an enrolled member or qualify as Indian.
- Choose what property and in what amounts should go to specific people (Distribution).
- Choose a trusted person to oversee the administration and distribution of your non-trust property after death (Personal Representative).
- Provide for your non-tribal spouse or non-tribal family member to enjoy the benefits of trust property and any income from the property for their lifetime. (Life Estate).
- Reconsolidate trust property.
- Prevent any forced sales of trust lands during probate of your estate.

Confidential Free Estate Planning and Will Drafting Service Provided for Muckleshoot Tribal Members

If you are interested in drafting a new will OR changing an existing will to comply with Tribal, State, and Federal Law, please contact the **Institute for Indian Estate Planning & Probate at (206) 398-4284**. Tribal members who received a home through the Muckleshoot Veterans, Elders, or Disabled Home Program are eligible to receive services on a year-round basis. All other Tribal members will be placed on a waitlist for Estate Planning Services between May and August 2011. We look forward to hearing from you!

Standing for excellence. Reaching for justice.

Muckleshoot Adventures Winter Camp

December 27-31, 2010

Ages 7 – 17 years

Activities to Include: Fishing, Archery, Hiking, Sports, Arts & Crafts, Mini Golf, Life Skills Training, Cooking, (kids 13 & older need own fishing license)

MUST SIGN UP BY FRIDAY DECEMBER 10 2010

THIS IS AN ALCOHOL, DRUG, & ELECTRONIC FREE EVENT!

CALL ICW FOR INFO AT 253 833-8782

THIS IS A MUCKLESHOOT HUMAN SERVICES EVENT

For the Children

The Angel Tree

Calling all Tribal Administration Employees

We have been blest these past years with the generosity shown by our fellow Muckleshoot Tribal employees. When we at the Muckleshoot Indian Child Welfare (MICW) program reached out – we were not disappointed. Christmas Time is swiftly approaching and we are again reaching out.

In light of not having enough help for children placed with relative and foster care, we are moving forward with our "**Angel Tree**."

For those of you who are new employees the Angel Tree is a project we started to help provide children Christmas gifts. We decorate a Christmas tree with Angel ornaments and each of those ornaments will be dedicated to one of our children in care (relative placements, in-home with parents, foster parents and guardians).

The decorated tree will be displayed in the Philip Starr building lobby. We are asking for sponsors from the employee community to help purchase gifts for the children. For those of you who are able, please help. Please spread the word.

If you can help with sponsoring one of our children for the Angel Tree, can donate toys or children's movies, please contact us at (253) 833-8782.

For our past Angel Tree sponsors, we extend our deepest thanks and appreciation.

The MICW program

Do you remember the Muckleshoot Elder's Cookbook??

In the Revised 1997 version of Muckleshoot Indian History by Patricia Noel, there are recipes on an insert between pp 27 and 28 of two pages. It says, "Edited from a Muckleshoot Elders Cookbook". No other information. The Preservation Program staff is looking for a copy of the "Muckleshoot Elders Cookbook" to scan for the archives.

We hope someone has a copy and will contact us at 253-876-3273 (Donna) or stop in the Philip Starr building's Wildlife Department wing and speak to Melissa, Sarah or Donna.

Thank you!

Happy 70th Birthday to my Dad & Macy's Grampa Pete Bucsleh Jerry. We love you and hope you have many more birthdays to come.

Love,
Katalut & Kleekakatay
(Tam & Macy)

Are you tired of your hard earned rent money going in to someone else's pocket, why not buy now and invest in a new home? This is a great opportunity for Muckleshoot tribal members to put your money towards something that you and your family will be able to cherish for years to come.

Please come buy the Phillip Starr and pick up an application in the Home Loan Department.

For more information please contact:

Cheryl O'Brien @253-876-3154 or

Maritza Munoz @253-876-2902

MUCKLESHOOT CERT COMMUNITY EMERGENCY RESPONSE TEAM

MUCKLESHOOT – *ARE YOU READY?*

DISASTER CAN HAPPEN AT ANY TIME

What kind of disasters did you say?

- **Earthquakes**
- **Lahars**
- **Wild fires**
- **Tornados**
- **Winter storms**
- **Power outages**

WHAT DO I DO IF WE HAVE DISASTER?

FOR INFORMATION CALL PHILIP STARR BUILDING, 253-939-3311, OR SHANON HAMILTON, EMERGENCY PREPAREDNESS COORDINATOR, 253-261-3968, OR 1-877-MIT-CERT.

24-HOUR CRISIS LINE

1-866-4-CRISIS

HOUSING

CHIP PULLING: Housing Employee of the Month

Chip Pulling has been with Housing for more than 10 years. In that time he has become an indispensable part of the efforts to provide better housing for MIT. His knowledge of every aspect of the work, combined with his ability to always deliver the best, has turned him into one of the pillars of the Housing Program. Congratulations to Chip. We appreciate your hard work and enthusiasm.

HOUSING TIPS

LIGHT BULB INFORMATION

When replacing burnt out light bulbs, it's important to use the correct wattage bulb for the light fixture you are installing it in. Every fixture is constructed to handle a certain maximum wattage. Installing a light bulb that exceeds the maximum wattage can cause excessive heating that can ultimately cause the untimely burn-out of bulbs, damage to the fixture, and or house fires.

When changing bulbs, look for a sticker that indicates the maximum wattage recommended for the fixture. These caution stickers are typically located inside the fixture near the socket. For recessed type lighting, look inside of the can for guidance.

With the many different light bulb products in stores today, purchasing the correct light bulb can be confusing. Always keep your fixtures maximum wattage and bulb type in mind while shopping. The caution sticker also lists the bulb type. Product packaging will list the wattage and bulb type to help you select the right product.

WHAT WATTAGE TO USE

CAUTION: TO REDUCE THE RISK OF FIRE USE **MAX 65 WATT TYPE A** OR SMALLER LAMP

Compact fluorescent bulbs (CFLs) use 80% less energy than the standard incandescent bulbs. While they are more costly to purchase, quality CFLs last between 6,000 to 15,000 hours. The long life and electricity savings make these products cheaper in the long run. When choosing CFL bulbs, the packaging should clearly state which incandescent bulb the CFL is designed to replace. For example, a 20W CFL is equivalent to a 100W incandescent bulb.

If you have questions or concerns about your light fixtures or recommended bulbs, please contact Housing at (253) 939-3311.

Muckleshoot Housing Authority Nov-2010

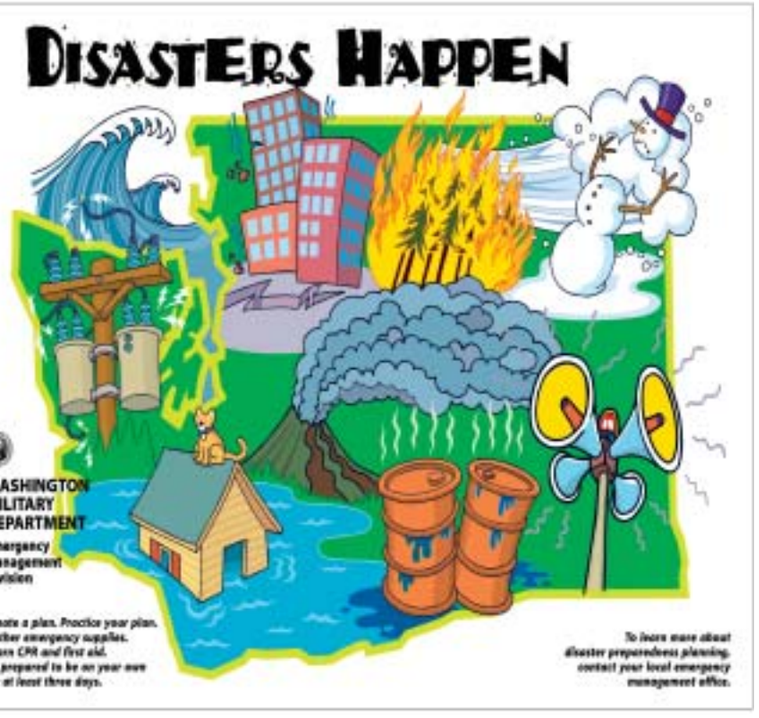
Halloween at Housing

Winter Is Coming!!!

Protect "YOUR" Water & Sprinkler pipes from FREEZING!

**** Precautions to take during "FREEZING" weather ****

1) Keep house temperature set above 55 degrees.
2) Cover outside hose faucets with insulated covers.
3) Do not turn your heat off while on vacation.
4) Your home may have a "fire sprinkler" room that will be inspected annually by the MIT Building Inspector.
5) You will be contacted with a date and time that is convenient for your annual inspection.
6) Contact Carl Abbott in Planning for any questions 253-876-3150.


DISASTERS HAPPEN
WASHINGTON MILITARY DEPARTMENT
Emergency Management Division
Create a plan. Practice your plan.
Gather emergency supplies.
Learn CPR and first aid.
Be prepared to be on your own for at least three days.
To learn more about disaster preparedness planning, contact your local emergency management office.

THE LATEST FROM THE

Social Services Department

Social Services Specialist, Linda A. Starr
Muckleshoot Resource Center
253-876-3338

Low Income Energy Assistance Now Available for Muckleshoot Tribal Members and/or households with Muckleshoot Tribal Members in residence. Applications are now being accepted for the Tax Fund Low Income Energy Assistance at the Muckleshoot Resource Center. Checklist for Energy Assistance includes:

1. Social Security Number for every member of your household
2. Income verification for every member of your household age 18 and older (No income declaration required for non-working household members)
3. Your most current utility statement

INCOME GUIDELINES:

No. in Family	Max Income Allowed		
1	$29,305	5	$65,372
2	$38,321	6	$74,389
3	$47,338	7	$83,405
4	$56,355	8	$92,422

If you need help with your light bill or gas bill and feel that you meet the above criteria, please see Linda Starr at the Resource Center for an application. Please allow seven to ten days for processing application.

Please be advised that the Muckleshoot Resource Center has funding to assist Muckleshoot Tribal Elders with energy assistance. The Senior Energy Assistance Program follows the same guidelines listed above and applications are available at the Muckleshoot Resource Center in the front lobby. This program was previously run by the Senior Program but funding has been changed to the Resource Center. Please allow seven to ten days for processing applications.

Muckleshoot Tribal Elders are eligible for up to $300.00 worth of energy assistance per quarter. Sandra Louie is currently handling the Senior Energy Assistance Program.

DISCOUNTED PHONE SERVICE

- Qwest Discounted Telephone Service
- Tribal Lifeline
- Tribal Link-Up

Applications for discounted telephone service for those that meet the following criteria are available at the Muckleshoot Resource Center. Applicants must live on tribal lands and participate in at least one of the following public assistance programs to qualify:

- Food Stamps
- Medicaid
- Supplemental Security Income (SSI)
- Federal Public Housing Assistance
- Low Income Energy Assistance Program
- BIA General Assistance Programs
- Tribally Administered Temporary Assistance For Needy Families
- Head Start (Meeting Income Test)
- National School Lunch Programs

If you are interested in either of these programs and meet the above listed criteria, please see Linda Starr at the Resource Center for an application.

General Assistance Program. Please note that there is currently no funding for the General Assistance Program. Please check with Linda in January to see if we have received any funding.

Muckleshoot Pentecostal Church

Kenny Williams, Pastor

SCHEDULE

Sunday	10:00 AM	Prayer
	10:30 AM	Breakfast
	11:00 AM	Church Service
	12:00 Noon	Share (Potluck) Meal
	2:00 PM	Church Services/Classes
Tuesday	12:00 Noon	Prayer Meeting
Wednesday	7:00 PM	Bible Study
Thursday	12:00 Noon	Support Group Meeting
Thursday	7:00 PM	Spanish (language) Church
Friday	7:00 PM	Prayer Meeting
3rd Saturday	10:00 AM	Prayer Meeting

Photo by John Loetus

Grandma Norma, Lovey and Baby RJ

Dear Family,

I miss home very much and love and miss you all very much. I am sorry for the way that I have been mistreating everyone. I do not mean to be this way, and I am working on changing back to the me that I want everyone to remember, not the me you've seen walking around doing nothing but getting into trouble.

I just want everyone to know that I do love you and that it hurts because I do not feel the same love in return. We are family. The only family I have. I have been thinking of what I can do to try to make it up to you and I remember what us as a family have all agreed on, and now it's time, because I miss all of you and we can all start over again a stronger, closer family.

I sit here and think of words spoken by my mom and dad. All of that love that took so long for me to even begin to learn, but now I know the word HONOR, and what it means to never forget or leave because we are family.

It's been a long time since we all just sat down and shared some laughs as a family, but not forgotten. Thoughts of family help with all the time I'm in a box with only a door in and no window out, so I can honestly say that you make the days go by for me. All I ever wanted was for my family to be happy and stay strong together. That was always in my prayers, as long as I can remember, because family will never forget or leave your side, because that is us, FAMILY.

Well, now you know that you are always in my heart and prayers and I love you all. If you all agree to what was said, then I will, for the love of my mother and father and family, in the name of honor, your love means more to me, and I want you to know that. I thank God every day that we are still together for one another and I would like for my mom to know that "if it would make you happy" then I will, because you are my mom and I love you.

All you have to do is show me how and we will all be right there to show all of our love for you for being for us all and never leaving us to fend for ourselves. A lifetime of love lived all of our entire lives.

With love to my FAMILY and I never forgot love,

Nathen B.

Visit the Muckleshoot Tribe's

NEW WEBSITE!

www.muckleshoot.nsn.us

Have you ever considered a career in

gaming regulation?

THE MUCKLESHOOT GAMING COMMISSION regularly posts openings at the Casino, Tribal Headquarters, and the Commission office. Because resumes and/or applications are accepted for open positions only, check often or call 253.735.2050 for current openings.

2010 Per Capita Deadlines and Schedule

November 30, 2010	- Enrollment Cut Off Date for March 2011 Per Capita
December 7, 2010	- Per Capita Distribution
December 8, 2010	- Per Capita Distribution
December 9, 2010	- Per Capita Distribution
December 31, 2010	- Deadline for New Direct Deposits to be turned in to Tax Fund

Please contact Heather Evans at 253-876-3189 if you have any questions regarding Per Capitas.

Come work for **Your** Tribe and make a difference!!!

The Muckleshoot Tribal Administration is looking to hire Tribal members to fill its new openings. Please visit us in the Tribal Administration Human Resources Department to see if we have any openings that you might be interested in.

Also see our opening on-line at www.muckleshoot.nsn.us

ALL HUNTING TAGS ARE DUE BACK TO THE WILDLIFE OFFICE BY JANUARY 14TH 2011

THINKING ABOUT QUITTING SMOKING?

Living Tobacco-Free FREE Weekly Support Groups
Mondays, 5:30 to 6:30 p.m., Auburn Valley YMCA
Wednesdays, 6 to 7 p.m., Auburn Regional Medical Center
Drop-ins welcome!

Accelerate Your Quit! FREE Workshops
November 13, 12:30 to 3:30 p.m.
Auburn Valley YMCA - Registration Required

For more information please contact:
Heidi Henson, Program Coordinator
253.223.7538 or hhenson@seattleymca.org

Native American Catholic Mass

Native American Mass for November 2010 Come and celebrate the Catholic Native American Mass with Father Pat Twohy and Deacon David Rapp at St. Leo Parish/A Jesuit Parish located at 710 South 13th – Tacoma 98405. November 28th at 1:30pm, on November 21st our Tacoma Kateri Tekakawitha Circle meeting starts at 12:45pm and the Mass celebration starts at 1:30pm followed by a delicious potluck and raffle.

MUCKLESHOOT INDIAN CASINO

You can now apply for jobs ON-LINE

Visit www.muckleshootcasino.com and click on "Career Opportunities" to view current job openings then complete your employment application. This on-line application can be completed 24 hours a day from the convenience of your home computer and/or at the Muckleshoot Indian Casino's Human Resources Office.

All you need is an e-mail address to set up your on-line application. If you do not have an e-mail address call

Human Resources Hours:
Monday – Wednesday 9am to 6pm
Thursday 9am to 9pm
Friday 9am to 5pm
HR Phone Number 253-929-5128

MUCKLESHOOT CASINO

EVENTS CALENDAR

December 4	**Holiday Gift Making,** 10-3pm. by the NW Indian College's Diabetes Prevention at NW Indian College
December 7-9	**Per Capita Distribution,** Philip Starr Bldg.
December 8	**Muckleshoot Tribal College Advising Day,** 10am - 3pm
December 9	**Winter Wellness Wonderland - Muckleshoot Wellness Center** - 5:30 - 7PM. Call Jessica Neumann at 253-333-3616 for more info.
December 17	**Staff Christmas Party** - Emerald Downs
December 20	**Community Christmas Party** - Pentecostal Church
December 27 - 31	**Muckleshoot Adventures Winter Camp -** Ages 7-17. Sign up by December 20th. Call 253-833-8182 for more information.
January 15-16	**Coast Salish Cedar Hat Making** - NW Indian College 10am - 2pm
January 17	**Tribal Elections and Annual Meeting of the General Council**

Attention tribal members who have direct deposit for Per Capita

Christmas gift cards for youth 17 and under will be distributed at the December Per Capita dates December 7th and 8th. Gift Cards will be distributed to *enrolled tribal members only 17 years of age and under*.

Volunteers Needed

I am looking for volunteers for the Holiday Planning Committee or volunteers to help with the tribal Christmas Party. Any interested persons can contact me at 253-876-3153 or email me at walter.pacheco@muckleshoot.nsn.us We'll be looking forward to having interested individuals who want to do something directly for the community through participation in planning and implementing the tribal holiday events.

CULTURAL WELLNESS GATHERINGS

AA Meeting Time
Muckleshoot Recovery House — Mondays 12:00 Noon
39225 180th Ave. SE,
Auburn, WA 98092

Feather Healing Circle
39015 172nd Avenue SE — Tuesdays 5:00 pm
Auburn, WA

Grief and Loss
Grief and Loss Support Group — Wednesday's 6:00pm -8:00pm.
Behavioral Health, Bear Lodge

Women's Group
Muckleshoot Tribal College — Thursdays 5:00 pm

Boys Mentoring Group
Muckleshoot Behavioral Health — Thursday's 4:30 pm to 9:00pm

Al-Anon Meetings
Auburn First United Methodist Church — Monday 10:30 a.m.
E. Main & N St. S.E.
Auburn, WA 98002

Federal Way Sunrise
United Methodist Church — Monday 6:30 pm
150 S. 356th St.
Federal Way, WA 98003

Births

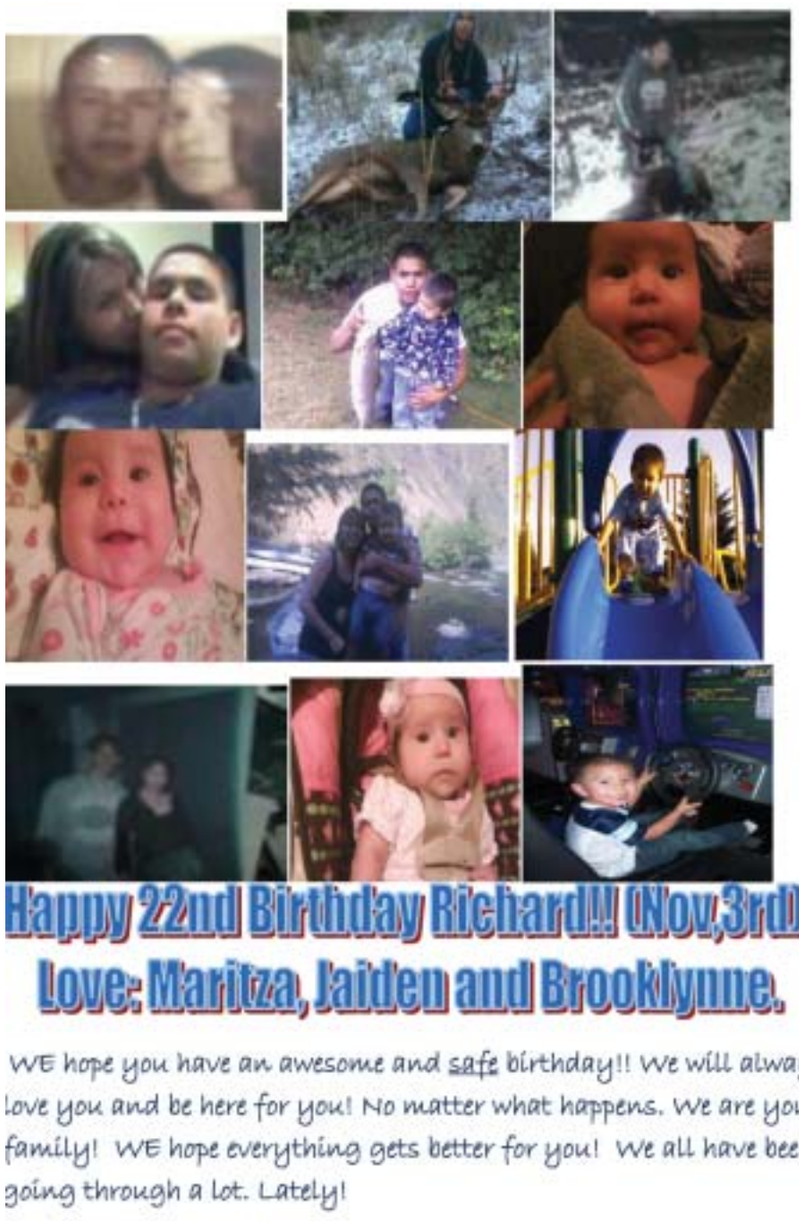
Charles Stanley Reichensperger III
10/19/2010 11:35 am
6lbs 3 oz 17 inches
Proud parents Anita Cross and Charles Stanley Reichensperger Jr
Proud Big Sister Natalie Reichensperger
Proud Grandparents James Cross Sr, Donna Crombie, Michelle Berrys, and Charles Reichensperger Sr.
Proud Great Grandparents Rosalie and George Cross and Jeanine and John Reichensperger
Lots of Proud Aunties, Uncles, Cousins and family

Anita and Baby Chuck

Congratulations to Geraldine Williams & David Fernandes Jr.
Welcome to **Cameron Joseph Fernandes-Williams**
November 04, 2010 @ 7:32 AM
8 lbs 11 oz 19 inches long
Grandparents Loretta & Alfred Williams, Leona & David Fernandes Sr.
Many aunts/uncles/cousins/grand aunts/grand uncles.

Baby Jordan Kyle Jake Johnson

We are very proud to announce the newest addition to our lovely family. His name is Jordan Kyle Jake Johnson, born September 15, 2010, wt 9lb 10oz and 21 in long. His proud parents are Yvonne and George Johnson Jr. Grandparents Richard and Teresa Williams and Missy Bumgarner and Gerald Fryberg Jr. and Andria Daniels and George Johnson Sr. Ben and Joanne Jackson.

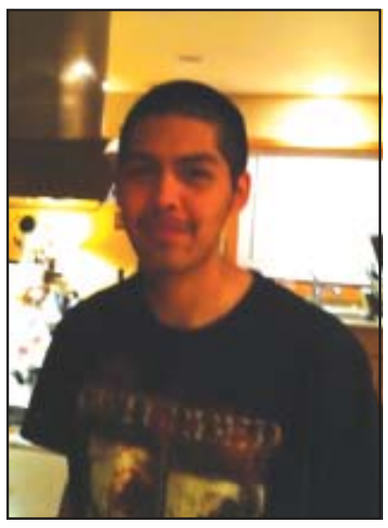


Happy 22nd Birthday Richard!! (Nov,3rd)
Love: Maritza, Jaiden and Brooklynne.

We hope you have an awesome and safe birthday!! We will always love you and be here for you! No matter what happens. We are your family! We hope everything gets better for you! We all have been going through a lot. Lately!

November 20th Happy birthday shahayla love u!!

Happy 18th birthday Erica



November 13th Happy birthday John Elkins III

Norma Corwin's daughters. At left is Colette, middle is Lovey and right is Amber, in background is Mia.

We would like to wish our
Dad/Papa/Pastor
Kenny Williams

A HAPPY BIRTHDAY!!
WE LOVE YOU!!

Way To Go Lana!!!!!!!!

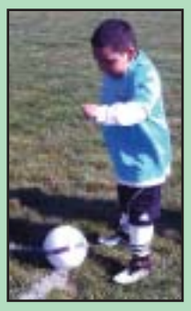
We are all very proud of you!!

Love,
CamCam, Lacey, Lee

Way To Go CamCam!!!!!!

We are very proud of you for accomplishing your 1st season of soccer!!
We look forward to many more sport's activities that your gonna take advantage of..This is only the beginning!!

Love,
Mom & Dad



Love ya guys!!!!!!!!

L.Williams